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TRY OUR 7-DAY HEALTHY DINNERS PLAN

goodFOOD

June 2025

Summer love-in!

Strawberries and more for June sunshine

- Hot honey halloumi burger
- Braised courgette & white beans
- Asparagus & ricotta pizzettes

GRILL THRILL CHILL

- 10 TIPS TO BOSS THE BBQ
- FIERY NIGERIAN CORN RIBS
- COOL GARDEN COCKTAILS

Dive into our luscious strawberry tiramisu

TEENS GONE GREEN? Plant-based survival guide for parents

CRISPY, GOLDEN, *gooey* air fryer mac & cheese

FEED YOUR GANG Big-batch meals for school holidays

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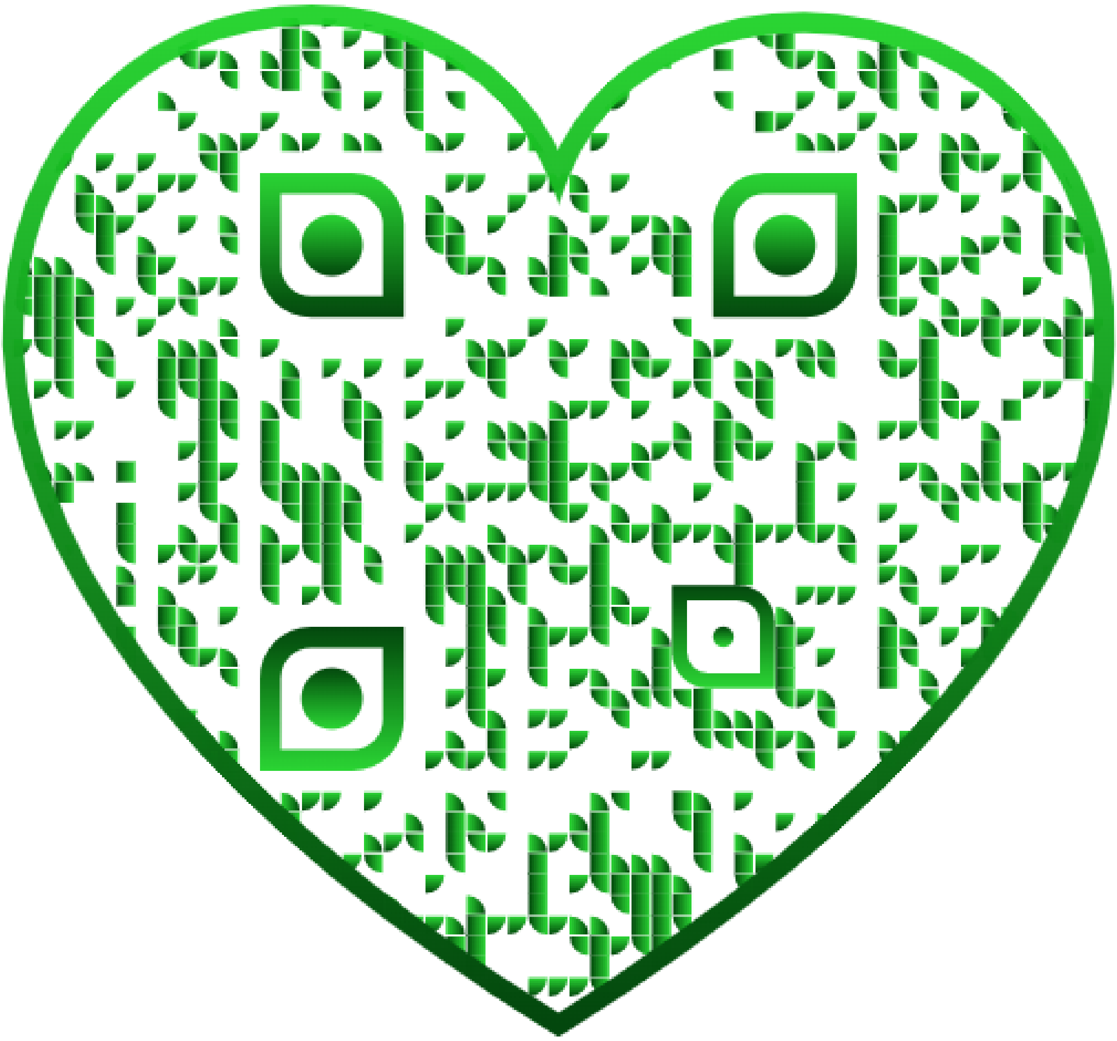

BREW CAN DO IT!
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BREAST CANCER NOW The research & support charity

Welcome to June

Long, sun-drenched days, the sizzle of something delicious on the barbecue, and the joy of good food shared with the people you love. That's what inspired our new summer campaign: Grill, Thrill, Chill. It's bursting with recipes and ideas to help you light up the grill, wow your guests and soak up every golden moment. Whether you're a barbecue pro or just getting started, Barney Desmazery shares his top tips to make outdoor cooking effortless on page 84. Looking to impress? Marcus Bean's Father's Day feast delivers fire and flair (p86). And don't miss punchy, flavour-packed dishes from The Flygerians, Jo and Jess Edun, guaranteed to bring the heat (p92). Excitingly, all of them will be joining us at the Good Food Show Summer in Birmingham this month. The details are on page 120. Bring on the sizzling summer!

Keith

Keith Kendrick,
Group magazines editor
@keithk_goodfood

3 of my faves from this month's issue

FATHER'S DAY CHEESEBOARD

We've teamed up with the Academy of Cheese to put together this epic board from artisan makers (p118).

CURRY LEAF CHICKEN & SALTED EGG YOLK

Food writer Julie Lin says this egg yolk sauce is "full-bodied and rich – like a savoury custard with a kick" (p106).

SMASHED BEEF KOFTE TACOS

In our new series, we've turned the cheeseburger taco trend into a hearty, adaptable kebab (p30).

HEALTHY DIET PLAN ON THE GOOD FOOD APP

Try our latest seven-day meal plan that includes healthy breakfasts and lunches as well as the dinner recipes in this issue (p56) courtesy of Dr Chintal Patel.

COOK THE COVER (p18)

RECIPE
Ailsa Burt

PHOTOGRAPH
Jonathan Gregson

FOOD STYLIST
Amy Stephenson

PROP STYLIST
Max Robinson

SHOOT DIRECTOR
Ben Curtis & Rachel Bayly

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love-in!

Friends of Good Food

FLYGERIANS

Jo and Jess Edun set the barbecue alight with their Nigerian-inspired grilling on page 92 – and don't miss them cooking live at the Good Food Show Summer!

BRIONY MAY WILLIAMS

Escape to the Country presenter Briony talks about her journey to sobriety and shares a favourite recipe (p102).

MALLIKA BASU

When Mallika's 12-year-old son went veggie, the family barbecue changed forever. She shares how they've navigated meat-free grilling with flair (p123).

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OUR AWARDS

Britain's number one food media brand

BSME Awards 2024	**Editor of the Year (Food and Drink)** Keith Kendrick, Good Food
PPA Awards 2024	**Campaign of the Year:** Good Food app takeover by Nadiya Hussain
AOP Digital Publishing Awards 2023	**Editorial Team of the Year: Consumer** Good Food and olive
AOP Digital Publishing Awards 2023	**Best Online Brand: Consumer** Good Food
BSME Awards 2023	**The Readly Award** Good Food *What's Your Perfect Comfort Food?* (October 2022)
The Publisher Podcast Awards 2023	**Best Food & Drink Podcast** Good Food Podcast
PPA Awards 2022	**Media Brand of the Year (Consumer Media)** Good Food
PPA Awards 2022	**Editor of the Year (Consumer Media)** Lily Barclay *goodfood.com* and *olivemagazine.com*
PPA Awards 2022	**Writer of the Year** Melissa Thompson, Good Food
BSME Awards 2021	**Editor of the Year, Food & Drink** Lily Barclay
PPA Awards 2021	**Media Brand of the Year** Good Food

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Why you can trust goodFOOD

Good Food is the UK's No.1 food lifestyle media brand. We are passionate about food and cooking. While recipes are at the heart of what we do, we are committed to helping you have the best food experience you can, whether you're shopping for food, in your kitchen or eating out in the UK or abroad. This is what we promise:

Biggest and best
We're proud to be Britain's biggest-selling food magazine and the UK's No.1 food website, *goodfood.com*. Our contributors – chefs, our in-house team and confident columnists – are experts in their fields. Join the conversation in our twice weekly podcasts. Our best-selling cookbooks feature our trusted recipes.

Recipes for everyone
We always include quick, easy dishes, ideas for relaxed entertaining and more challenging recipes for when you want to take your skills up a notch.

Tested and trusted
All our recipes are thoroughly tested by experts to ensure they'll work for you. We put our gadgets through a rigorous testing process and carry out our taste tests fairly. Our restaurant and travel recommendations have all been tried by one of us.

Ethical
We care about the food we eat, the people who produce it and the effect this has on the world. In our test kitchen, we use humanely reared British meats, high-welfare chicken and eggs, and sustainable fish whenever possible. We aim to help you avoid food waste, with advice on using leftovers.

Healthy eating
Every recipe is analysed by our BANT-registered nutritionist, so you can be informed when you choose what to eat. We flag up vegetarian, vegan and gluten-free recipes. Find out more about our health philosophy on page 137.

Families and children
Families can need help to create harmonious mealtimes, so we address this by flagging up 'family' recipes. We encourage children and teenagers to get cooking with recipes that help them to learn new skills. Find out more at *goodfood.com/family-kids*.

Eating like a local
One of the joys of travel – both in the UK and overseas – is discovering great food. Our features are written from an insider perspective by on-the-ground writers and food and travel journalists.

Independent and respected
We are impartial and independent, so you can trust our advice and recommendations on everything from restaurants and wine to kitchen gadgets and more. We encourage your input on your local finds, and appreciate your feedback on our recommendations.

Food is our passion and pleasure
We take food seriously, but we also believe it's a pleasure to be enjoyed, whether cooking for the family, trying an unfamiliar ingredient, buying new products or eating out. We share our food discoveries and adventures with you – and love you to share the same with us on social media using *#goodfood*.

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Our commitment

At Immediate Media, publishers of Good Food, we respect and value differences. We understand that when people from different backgrounds and with different points of view work together, we can create the most value for our readers, our people and society. We always strive to be inclusive, but we need to do better. We have been taking time to listen and understand how we can make positive changes, and how we can better support and increase diversity across all our brands. We continue to work on a comprehensive plan to create and drive authentic change.

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gF INSTANT RECIPE FINDER

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● Vegan

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Summer LOVE-IN!

June brings plenty of British produce, plus events and longer days for enjoying it. Plan your next day out using our guide on page 20 and share these recipes to make the most of it

recipes THE GOOD FOOD TEAM ***photographs*** CHELSEA BLOXSOME

Strawberry & elderflower tiramisu, p18

Braised courgettes & butter beans with pesto

Courgettes become silky soft when slow-cooked, which is a lovely textural contrast against grilled lamb chops or barbecued chicken. You could also scatter over crumbled feta or goat's cheese and serve with crusty bread for mopping up the juices. **Samuel Goldsmith**

SERVES 4 as a side or starter
PREP 20 mins **COOK** 1 hr 20 mins
EASY V

500g courgettes (3-4 medium)
2 tbsp olive oil
25g butter
few sprigs of thyme
few sprigs of oregano, plus a few leaves to serve
2 bay leaves
250ml white wine
400g can butter beans
6 garlic cloves, bashed
1 lemon, halved
150ml vegetable or chicken stock
4-6 tbsp pesto or vegetarian alternative, loosened with a little oil, if needed, for drizzling

1 Heat the oven to 200C/180C fan/gas 6. Slice the courgettes into ½cm rounds using a mandoline or sharp knife. Heat the oil and butter in a large ovenproof pan or flameproof casserole dish over a medium heat and fry the courgettes for 8-10 mins until starting to brown.

2 Scatter in the herbs and bay and pour in the wine. Cook for a few minutes more until the alcohol evaporates, then tip in the beans along with the liquid from the can and the garlic. Nestle in the lemon halves. Pour over the stock and bring to a simmer, then cover and cook in the oven for 1 hr. Discard the bay leaves and lemon halves, if you like, and drizzle over the pesto, then scatter over the oregano leaves.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 297 kcals • fat 18g • saturates 5g • carbs 13g • sugars 5g • fibre 6g • protein 8g • salt 0.66g

Asparagus, ricotta & lemon pizzettes

Look out for asparagus in shops – the season is short and now's the time to enjoy the spears while they're young, sweet and tender. These pillowy pizzettes (mini pizzas) can be topped with any seasonal veg, but asparagus is particularly lovely with the lemon ricotta, especially for a summery lunch in the garden. **Anna Glover**

SERVES 4 **PREP** 20 mins plus 1 hr proving **COOK** 15 mins **EASY** **V**

- bunch of asparagus (about 250g), trimmed
- 4 tsp extra virgin olive oil, plus extra for drizzling
- 1 lemon, zested, ½ juiced
- 250g ricotta, drained
- 15g parmesan or vegetarian alternative, finely grated, plus extra shavings to serve
- 1 garlic clove, crushed

For the dough

- 500g strong white bread flour
- 100ml olive oil
- 7g sachet fast-action dried yeast
- 10g fine sea salt

1 Tip the dough ingredients into a bowl, make a well in the middle and add 300ml warm water. Bring together into a rough dough, then knead on a clean work surface until smooth and elastic. It will be quite wet – don't be tempted to add more flour; just scrape the dough from the work surface back into the bowl using a dough scraper or spatula. Alternatively, knead in a stand mixer using the dough hook. Cover and leave to rise in a warm place for 1 hr, or until doubled in size.

2 Toss the asparagus, 2 tsp of the extra virgin olive oil and the lemon juice together in a bowl, and season well. Whisk the ricotta, most of the lemon zest, the cheese, remaining olive oil and the garlic together in another bowl. Season well with plenty of sea salt flakes and cracked black pepper.

3 Heat the oven to 240C/220C fan/gas 9 with a baking sheet inside to heat up. Knock back the dough in the bowl using oiled hands and divide into four pieces. Stretch the pieces out on a lightly oiled work surface into rough individual round or oval pizza bases. Transfer each pizzette to a small piece of baking parchment.

4 Spoon the ricotta mixture into the middles of the pizzettes, leaving a small border. Add a few asparagus spears on top of each, then drizzle over the flavoured oil from the bowl. Carefully slide the pizzettes onto the hot baking sheet in the oven and bake for 15 mins until golden and puffed up, and the asparagus is slightly charred.

5 Scatter over parmesan shavings and the remaining lemon zest, then drizzle with olive oil to serve.

GOOD TO KNOW calcium • folate
PER SERVING 817 kcals • fat 36g • saturates 9g • carbs 97g • sugars 3g • fibre 5g • protein 25g • salt 2.68g

---

gf tip

Don't snap asparagus spears, as you'll loose more stem than you need. Simply trim using a sharp knife, moving up the stem slightly when the knife goes in, if it's very woody. Store asparagus stems in water in the fridge to keep them at their best.

Hot honey halloumi burger with charred pineapple salsa

Sweet, spicy, salty and juicy, this veggie burger has it all – it's sure to be the star of your next barbecue. **Ailsa Burt**

SERVES 4 **PREP** 30 mins
COOK 25 mins **EASY** **V**

- 50ml honey
- 1 small jalapeño, deseeded (if you like) and finely chopped
- ½ tsp apple cider vinegar
- ¼ tsp smoked paprika
- 4 tbsp sunflower oil
- 4 burger buns, halved
- 1 tbsp sesame seeds
- 3 tbsp panko breadcrumbs
- 250g block halloumi, cut into 8 thick slices
- 50g garlic mayonnaise

For the salsa

- ½ whole pineapple, peeled, cored and cut into 6 spears
- 2 spring onions, finely sliced
- small handful of coriander, finely chopped
- 1 lime, juiced
- 1 tsp mild chilli powder

For the slaw

- small handful of parsley, finely chopped
- 1-2 tbsp apple cider vinegar
- ¼ red cabbage, thinly sliced
- 1 large carrot, grated or cut into thin matchsticks
- 2 shallots, thinly sliced
- 10 radishes, grated or cut into thin matchsticks

1 First, make the hot honey. Tip the honey and jalapeños into a small pan over a medium heat and cook, stirring occasionally, for 3-4 mins until the honey has thinned out and been infused with the jalapeño flavour. Stir in the vinegar and smoked paprika, remove from the heat and set aside to cool slightly.

2 To make the salsa, heat a griddle or frying pan over medium-high heat. Brush the pineapple spears all over with a little of the oil and fry for 4-6 mins on each side until charred. Remove from the heat and set aside to cool slightly, then chop into small cubes. Mix with the remaining salsa ingredients and season to taste.

3 For the slaw, mix the ingredients together in a bowl and season well, adding a splash more vinegar if needed. Heat 2 tbsp of the sunflower oil in a frying pan over medium heat and toast the burger buns, cut-side down, for 2-3 mins until golden. Remove from the pan and set aside.

4 Tip the sesame seeds and panko breadcrumbs onto a plate and mix well. Coat both sides of the halloumi slices in the mixture and set aside. Heat the remaining oil in the frying pan over a medium heat and fry the halloumi for 3-4 mins on each side until golden and crisp.

5 Spread the garlic mayonnaise over the bases of the buns, then top with some slaw, two pieces of halloumi, a drizzle of the hot honey and a spoonful of the salsa. Sandwich with the bun tops and serve.

GOOD TO KNOW calcium • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 802 kcals • fat 41g • saturates 14g • carbs 76g • sugars 31g • fibre 8g • protein 27g • salt 3.38g

---

gf tip

Any leftover slaw and salsa can be served alongside, or mixed together to make a salad.

Lemon, raspberry & almond victoria sandwich

A victoria sandwich is a classic centrepiece for any summer get-together. This one comes with a twist in the form of an almond and raspberry-flecked sponge. To amp up the almond flavour further, use almond extract in the sponge and cream filling instead of vanilla. The cream to sponge ratio is generous, too, making this more of a dessert, but you can reduce it to make a lighter teatime cake. **Cassie Best**

SERVES 12 **PREP** 25 mins plus cooling **COOK** 25 mins **EASY**
V ❄ sponges only

- 225g salted butter, softened, plus extra for the tin
- 75g toasted almonds
- 225g golden caster sugar
- 1 tsp vanilla or almond extract
- 2 lemons, zested
- 2 tbsp milk
- 4 medium eggs, at room temperature (use 'golden yolk' eggs for a rich yellow sponge)
- 125g self-raising flour
- 100g ground almonds
- ½ tsp baking powder
- 250g raspberries

For the filling

- 250ml double cream
- 100g mascarpone
- 2-3 tbsp icing sugar, plus extra for dusting
- 1 tsp vanilla or almond extract

1 Heat the oven to 180C/160C fan/gas 4. Butter two 20cm cake tins and line with baking parchment. Scatter half the toasted almonds over the base of one of the tins, ensuring they're evenly spread out.

2 Tip the butter and caster sugar into a large bowl with the vanilla or almond extract and lemon zest, and beat using an electric whisk until light, smooth and creamy, about 3-4 mins. Add the milk, then the eggs, one at a time, beating well between each addition. Fold in the flour, ground almonds, baking powder and a pinch of salt until no streaks of flour remain.

3 Divide the mixture between the prepared tins, being careful not to disturb the toasted almonds too much as you spread it out. Level the tops, then push half the raspberries into the mixture. Bake in the centre of the oven for 25-30 mins until golden and risen, and a skewer inserted into the centres comes out clean. If any wet mixture clings to the skewer, return to the oven for another 5 mins, then test again. Leave to cool in the tins for 30 mins, then remove to a wire rack, remove the baking parchment and leave to cool completely – the sponges will be quite delicate. *Once cooled, the sponges will keep wrapped and frozen for up to three months.*

4 For the filling, pour the cream, mascarpone, icing sugar and vanilla or almond extract into a large bowl. Whisk for a few minutes until the cream is just holding its shape.

5 Put the plain sponge on a cake stand or plate. Spoon over the cream filling, spreading it to the edge. Scatter over the rest of the berries and toasted almonds. Sandwich with the second sponge, almond-side up, then dust with icing sugar. *Will keep chilled in an airtight container for up to two days.*

PER SERVING 529 kcals • fat 40g • saturates 20g • carbs 32g • sugars 24g • fibre 2g • protein 9g • salt 0.59g

Strawberry & elderflower tiramisu

Need a prep-ahead dessert for an outdoor gathering? Green tea replaces coffee in this alternative take on tiramisu, which is a celebration of all things summertime, with strawberries and elderflower being beautifully matched. **Ailsa Burt**

SERVES 6-8 **PREP** 25 mins plus at least 6 hrs chilling **COOK** 30 mins
EASY V

- 1kg strawberries (or use 800g if making individual tiramisus)
- 1 vanilla pod, split lengthways and seeds scraped out
- ½ lemon, juiced
- 180g golden caster sugar
- 4 eggs
- 400g mascarpone
- 1 green teabag
- 125ml St Germain elderflower liqueur, or use 75ml elderflower cordial diluted with 50ml water
- 36 sponge fingers
- 2 tbsp freeze-dried strawberries, crushed to a fine powder (optional)

1 Heat the oven to 220C/200C fan/gas 7. Cut 600g of the strawberries into bite-sized pieces (no need to remove the stalks) and scatter over a roasting tray with the vanilla pod and seeds, the lemon juice and 50g sugar. Roast for 20-25 mins, or until very soft. Remove from the oven and discard the vanilla pod, then transfer the berries to a food processor and blitz until smooth. Pass through a fine sieve, then tip the purée into a wide pan. Slice 200g of the remaining strawberries (this will be all of the remaining strawberries if making individual tiramisus) and stir these into the purée. Bring to a simmer over a high heat and cook for 4-5 mins until reduced and thickened. Remove from the heat and cool fully. *Will keep chilled for three days.*

2 Separate the egg yolks and whites between two bowls, then tip the remaining sugar into the egg yolks. Beat using an electric whisk until thick, pale and fluffy, about 5 mins. Beat in the mascarpone, a little at a time, until smooth. Set aside.

3 Clean the beaters well, then whisk the egg white to stiff peaks, about 5 mins. Add a large spoonful of the whipped egg whites to the egg yolk mixture and stir to combine, then gently fold in the remaining egg whites using a large metal spoon.

4 Put the teabag in a shallow heatproof dish and pour over 150ml hot water (about 60C). (Boiling water will affect the delicate flavour of the tea.) Steep for 1-2 mins, then remove the bag and discard. Stir in the elderflower liqueur or cordial. Turn the sponge fingers in this for a few seconds on each side until soaked but not too wet or soft. Arrange in a 30 x 20cm baking dish in one layer. Spoon over half the strawberry purée mixture, then half the mascarpone mixture. Repeat with a second layer of the sponge fingers and the remaining mixtures. (Or, layer the fingers and mixtures in dessert glasses – you may need to roughly break up the fingers to fit.) Chill for at least 6 hrs, or overnight. *Will keep chilled for up to two days.*

5 Dust with the crushed freeze-dried strawberries, if using. Slice any remaining fresh strawberries, dot over the top and serve.

GOOD TO KNOW folate • vit c • 1 of 5-a-day
PER SERVING (8) 747 kcals • fat 29g • saturates 16g • carbs 99g • sugars 75g • fibre 5g • protein 14g • salt 0.92g

Shoot director RACHEL BAYLY | Food stylist AMY KINNEAR | Stylist HANNAH WILKINSON

make our gF cover recipe

OUT AND ABOUT *June*

Pack up your picnic hamper and soak up the sun at events happening up and down the country

compiled by RACHEL GUNTER

Good Food Show Summer

12-15 June, Birmingham

Back for summer, our show is the place to be to catch top chefs and experts cooking live (including Tom Kerridge and Nadiya Hussain). You can also shop from artisan producers and pay a vist to BBC Gardeners' World Live.

Where: NEC Birmingham

Tickets: general admission from £29pp, *goodfoodshow.com/summer*

Cardiff Food & Drink Festival

27-29 June, Cardiff

Hosted in Cardiff Bay, this is Wales's largest free food festival of the year. Browse stalls of local produce, wines, ciders, preserves, bakes and more, and visit the Street Food Piazza for lunch. There's also a market of handmade crafts and live music at the bandstand.

Where: Roald Dahl Plass, Cardiff Bay

Tickets: free entry, *visitcardiff.com/food-drink*

Coast & Country Tour

28 June (and selected dates in August, September and December), Causeway Coast, Northern Ireland

Meet local producers, sample whiskey and learn about Northern Ireland's food heritage on this six-hour luxury coach tour along the Causeway Coast.

Where: Coleraine, Northern Ireland

Tickets: £95pp, *causewaycoastfoodietours.com*

Roebuck Estates's summer events

selected Fridays and Saturdays from 6 June-13 September, Sussex

Soak up breathtaking views of the South Downs while visiting Roebuck's vineyard for a guided tour and expert wine-tasting or casual drink while watching a summer sunset.

Where: Petworth, West Sussex

Tickets: from £25pp depending on event, *roebuckestates.co.uk*

Fynefest

30 May-1 June, Argyll

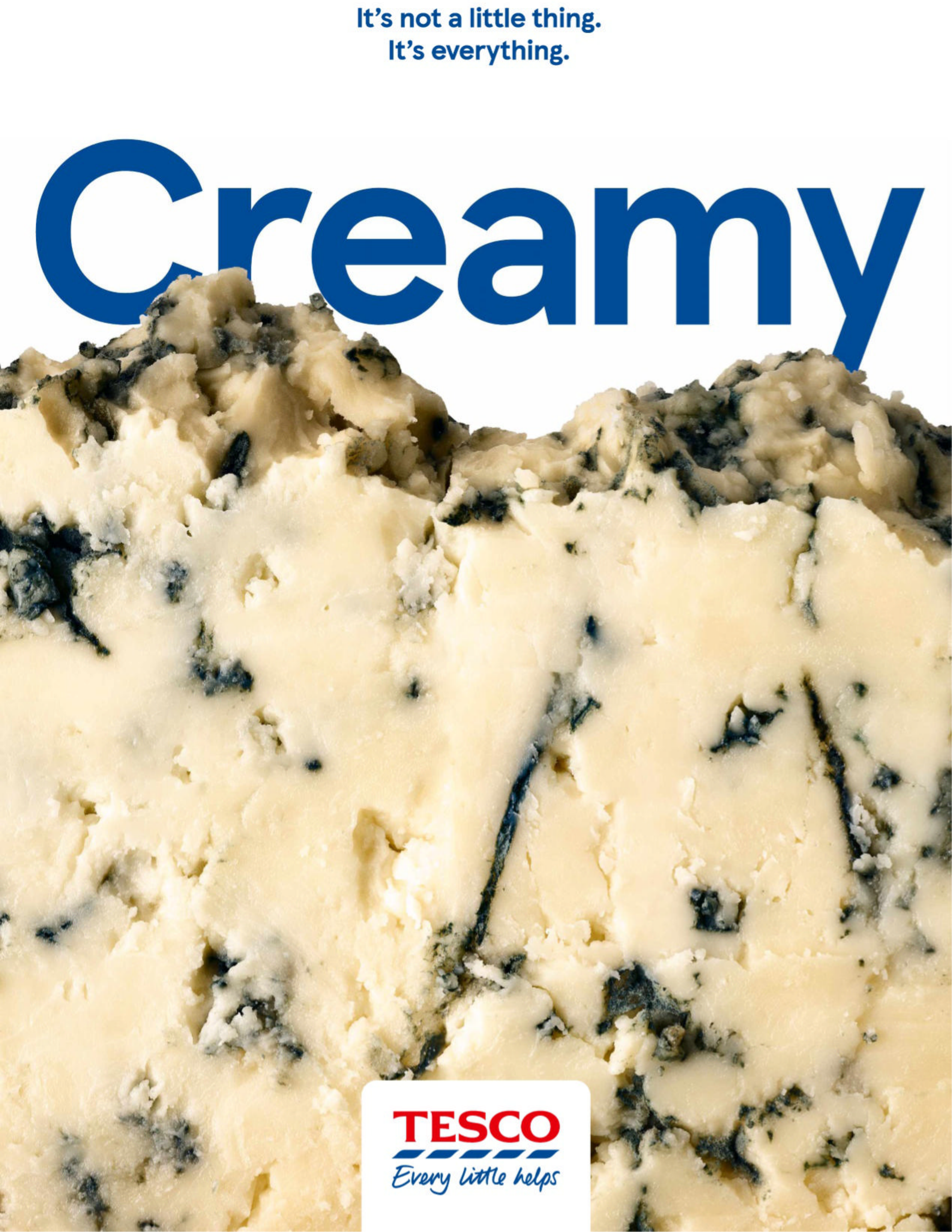
Organised by Fyne Ales, this family-friendly festival is packed with great food, over 40 live bands and DJs, and, of course, plenty of local beer, cider and wines. Sample venison sausage rolls, woodfired pizzas, plant-based kebabs and Sri Lankan street food, plus more than 150 beers.

Where: Fyne Ales brewery estate, Argyll, Scotland

Tickets: from £12 (under-13s) and £65 (adults); brewery tour, camping, parking and coach transfer tickets also available, *fynefest.com*

Drink a toast as the sun sets at Roebuck Estates

Photographs STEVIE MCKENNA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recipes for every day

Midweek meals
Citrussy tofu udon
shake-up salad,
p26

shake-up salads

Liven up your packed lunches with our make-ahead salads – simply shake to serve

recipes GOOD FOOD TEAM
photographs MAJA SMEND

£1.88 per serving

Bang bang chicken & chickpea shake-up salad

Packed with protein, flavour and lots of different textures, this makes a vibrant, tasty lunch.

SERVES 2 **PREP** 15 mins **COOK** 10 mins **EASY**

- 400g can chickpeas
- 2 tsp vegetable oil
- ½ tsp curry powder
- 1 cooked chicken breast, shredded
- 1 medium carrot, cut into fine matchsticks or grated
- 125g red cabbage, finely shredded
- ½ red onion, finely sliced
- 75g sugar snap peas, sliced on an angle
- 1 tbsp toasted sesame seeds

For the dressing

- 2 tbsp peanut, almond or sunflower butter
- 1 tbsp soy sauce or tamari
- 2 tsp sesame oil
- 1 ball stem ginger, finely chopped, plus 1 tbsp syrup
- 2 limes, zested and juiced

1 Heat the oven or air fryer to 200C/180C fan/gas 6. Tip the chickpeas into a bowl, drizzle with the oil, season and scatter over the curry powder. Mix to coat, then tip onto a roasting tray or into the air fryer basket and cook for 8-10 mins until crispy. Leave to cool. *Will keep for a few days in a sealed container.*

2 Mix all the ingredients for the dressing with a pinch of salt and 2 tbsp water. If you're transporting the salad for lunch, divide the dressing between 2 containers, then layer all the remaining salad ingredients in a container in the order they're listed. Finish with the crispy chickpeas. When ready to serve, shake everything together to coat in the dressing. If you're serving straightaway, simply toss everything through the dressing in a large bowl.

GOOD TO KNOW folate • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 542 kcals • fat 22g • saturates 4g • carbs 42g • sugars 21g • fibre 13g • protein 36g • salt 1.57g

plan your week

We know life is busy, so to make things easier we're sharing this handy cut-out list with everything you need for our midweek meals.

SHOPPING LIST

FRESH PRODUCE

- carrots
- red cabbage
- red onions
- sugar snap peas
- limes
- kale
- red peppers
- shelled edamame
- spring onions
- garlic
- courgette
- Little Gem lettuce
- lemon
- coriander
- cherry tomatoes
- cucumber
- parsley
- mint leaves
- jalapenos

MEAT AND FISH

- 1 cooked chicken breast
- 2 x 110g salmon fillets

DAIRY AND CHILLED

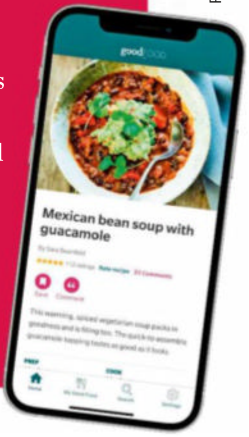
- 240g firm tofu
- 50g feta

STORECUPBOARD

- 1 x 400g can chickpeas
- vegetable oil
- curry powder
- toasted sesame seeds
- peanut, almond or sunflower butter
- soy sauce or tamari
- sesame oil
- stem ginger
- white miso
- caster sugar
- sriracha
- rice wine vinegar
- apple cider vinegar
- nutritional yeast
- rapeseed oil
- extra virgin olive oil
- toasted pine nuts or pumpkin seeds (optional)
- white wine vinegar or lemon juice
- honey
- cornflour
- crispy chilli oil
- 2 x 150g packs udon noodles
- tajin or chilli powder
- 400g can mixed beans
- tortilla chips
- 198g can sweetcorn

Find more midweek meals on the Good Food app

Try our app for quick, easy meals your family will love, budget meal plans and more.



Per person costings do not include salt, pepper or oil

Citrussy tofu udon shake-up salad

SERVES 2 **PREP** 10 mins
COOK 10 mins **EASY** **V**

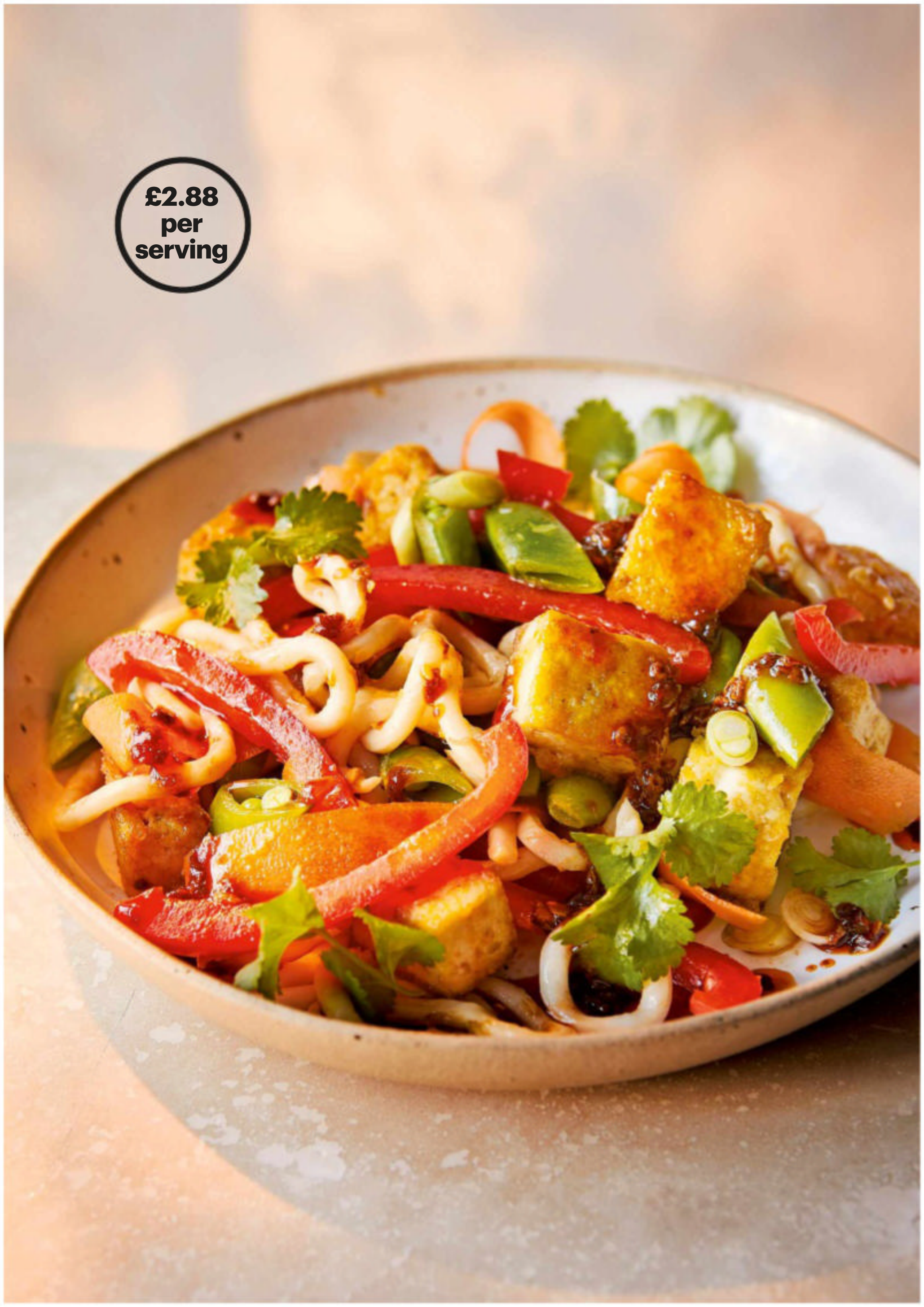
240g firm tofu, patted dry then cut into cubes
1 tsp cornflour
1 tbsp vegetable oil
2 x 150g packs straight-to-wok udon noodles
1 red pepper, finely sliced
1 spring onion, finely sliced
75g sugar snaps, sliced into three
1 carrot, cut into ribbons
10g coriander, roughly chopped

For the dressing

1 lemon, zested and juiced
1 lime, zested and juiced
2 tbsp soy sauce
½ tsp sesame oil
1 tbsp crispy chilli oil

1 Put the tofu in a large bowl. Scatter over the cornflour and some salt and pepper. Mix well to coat. Heat the vegetable oil in a small frying pan on medium heat, then lower in the tofu and cook on all sides until golden, about 5-6 mins. Remove, then drain on kitchen paper and leave to cool.
2 In a large container, mix all the dressing ingredients together. Cook the udon following pack instructions.
3 Add the tofu to the container with the dressing, then top with the noodles, veg and the coriander, in that order, so the veg stays crunchy.
4 When you're ready to serve, give it all a good shake to combine.

GOOD TO KNOW vegan • calcium • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 510 kcals • fat 19g • saturates 3g • carbs 52g • sugars 13g • fibre 11g • protein 26g • salt 3.13g



£2.88 per serving

reader offer

Citrus Key Lime Tree

Enjoy a taste sensation with this Citrus Key Lime Tree. Ideal for patio pots and smaller garden spaces, this compact variety boasts evergreen bushy foliage with dainty white flowers through summer, followed by the prized aromatic fruit from the end of summer and into autumn. Fruits emerge slightly smaller than other varieties but they are just as packed with flavour and notably tart in taste. Supplied in a 4-litre pot. Item: 680324

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you garden

£4.73 per serving

Spicy miso salmon & kale salad

Kale works well in a salad-to-go as it won't go soggy by lunchtime.

SERVES 2
PREP 20 mins
COOK 12 mins **EASY**

1 tbsp white miso
1 tbsp caster sugar
1 tbsp sriracha
½ tbsp rice wine vinegar
2 x 110g salmon fillets
150g shelled edamame
150g kale, leaves scrunched and torn
1 red pepper, cut into thin strips
1 small carrot, julienned or grated
2 spring onions, finely chopped
1 tbsp sesame seeds, toasted

For the dressing

40ml apple cider vinegar
1 tbsp soy sauce
1 small garlic clove, crushed
2 tbsp nutritional yeast
1 tbsp sesame oil
1 tbsp sriracha
60ml cold-pressed rapeseed oil

1 Combine the miso, sugar, sriracha and vinegar, then spread over the top of the salmon fillets. Heat the oven or air fryer to 200C/180C fan/gas 6. Arrange the salmon skin-side down on a baking tray or directly in your air fryer basket and cook for 10-12 mins until cooked through.

2 Meanwhile, cook the edamame following pack instructions, drain well and set aside to cool. For the dressing, tip all the ingredients into a blender and blitz until smooth and creamy. Season to taste and pour half the dressing over the kale in a large container.

3 Massage the dressing into the kale for 2-3 mins, until the leaves go dark green and soft. If transporting the salad, put the remaining dressing in a smaller container, then layer the peppers, carrots, edamame, spring onions and salmon over the kale in the larger container, in that order. Finish with the sesame seeds. When ready to serve, pour in the dressing, then shake everything together. Or, if you're serving the salad straightaway, simply toss everything but the salmon together in a large serving bowl, then flake the salmon over the top.

GOOD TO KNOW folate • fibre • vit c • iron • omega-3 • 3 of 5-a-day

PER SERVING 799 kcals • fat 55g • saturates 6g • carbs 29g • sugars 26g • fibre 13g • protein 41g • salt 3.3g

Spicy lime & mixed bean salad

SERVES 2 **PREP** 20 mins
NO COOK EASY V

- 2 limes
- 1 tbsp olive oil
- ¼ tsp tajin or chilli powder
- 400g can mixed beans, drained
- 5 cherry tomatoes, finely chopped
- ½ 198g can sweetcorn (or use around 75g defrosted frozen sweetcorn)
- ½ small red onion or a shallot, finely diced
- ¼ cucumber, finely diced
- small handful of parsley, finely chopped
- 8 mint leaves, finely chopped
- handful of corn tortilla chips
- 2 heaped tbsp sliced jalapeños

1 Zest 1 lime into a small bowl, then remove the peel and pith from both. Segment the limes, then tip the segments in a large bowl and squeeze the juice from all the peel and the core of the limes into the small bowl with the zest. Mix the olive oil and tajin or chilli powder into the juice and set aside.

2 Tip the beans, tomatoes, sweetcorn, onion, cucumber, parsley and mint into the bowl with the lime segments and mix together. Season to taste.

3 If you're transporting the salad, layer it up in one or two containers. Start with pouring in the dressing followed by the bean mixture, the tortilla chips (which you may need to break up a little), then the jalapeños. Shake up just before serving or tip out into bowls and mix. Alternatively, if serving straightaway, toss the bean mixture in the dressing then scatter over the tortilla chips and jalapeños.

GOOD TO KNOW vegan • low cal • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free

PER SERVING 363 kcals • fat 13g • saturates 2g • carbs 43g • sugars 9g • fibre 13g • protein 12g • salt 1.94g

£1.35 per serving

Little Gem, griddled courgette & feta shake-up salad

SERVES 1 **PREP** 10 mins
COOK 5 mins **EASY** **V**

- 1 small courgette, sliced into rounds on the angle
- 2 tbsp extra virgin olive oil, plus extra for griddling
- 2 tsp white wine vinegar or lemon juice
- ½ tsp honey
- 50g feta, crumbled
- 1 tbsp toasted pine nuts or pumpkin seeds (optional)
- 1 Little Gem lettuce, cut into wedges then halved into chunks

1 Heat a griddle pan until hot. Toss the courgette slices in a little olive oil and seasoning, then griddle for 2-4 mins on each side until charred and tender. Set aside to cool. *Will keep chilled for 24 hours.*

2 To make the dressing, whisk together the 2 tbsp olive oil, vinegar or lemon juice and honey, and season with a little salt and pepper. Put the dressing in a large reusable container, or large serving bowl. Add the griddled courgettes, feta, pine nuts or seeds and the lettuce wedges.

3 When ready to serve, turn the container upside down or give it a good shake to coat everything in the dressing, or mix everything in the serving bowl to serve straightaway.

GOOD TO KNOW folate • vit c • 2 of 5-a-day • gluten free

PER SERVING 385 kcals • fat 33g • saturates 10g • carbs 8g • sugars 8g • fibre 4g • protein 12g • salt 1.3g

£1.64 per serving

mash-up tonight

kofte meets tacos

In this new series we combine the best of two culinary worlds for a deliciously quirky quick-fix dinner

recipe BARNEY DESMAZERY *photograph* TOM REGESTER

new series!

Smashed beef kofte tacos

We've taken the viral trend of cheeseburger tacos and turned it into a more substantial easy kebab. You can swap the beef mince for lamb, chicken or pork, and the mix would also make eight smaller tacos, if you'd prefer.

SERVES 4 **PREP** 20 mins plus at least 1 hr chilling **COOK** 25 mins **EASY**

- 1 small onion, coarsely grated
- 2 garlic cloves, minced or finely grated
- 1 tbsp ras el hanout
- 400g beef mince
- small bunch of coriander, finely chopped
- 4 medium flour tortillas
- sunflower oil, for frying
- chilli sauce and lemon wedges, to serve

For the garlic sauce

- 4 tbsp Greek yogurt
- 2 tbsp mayonnaise
- 1 garlic clove, finely grated or crushed
- ½ tsp lemon juice

For the salad

- small wedge of red or white cabbage, shredded
- ½ red onion, thinly sliced
- squeeze of lemon juice
- 1 tomato, halved and sliced

1 Combine the onion, garlic, ras el hanout, beef mince and coriander (reserving a few leaves to serve) in a large bowl with your hands and season well. Cover and chill for at least 1 hr. *Will keep chilled for a day.*

2 Stir the garlic sauce ingredients together in a small bowl and chill until needed. To make the salad, tip the cabbage and red onion into a bowl with a pinch of salt and the lemon juice and scrunch together with your hands. Stir through the tomato and set aside.

3 Divide the beef mix into four equal portions. Press a portion of beef directly onto one side of each tortilla in a thin, even layer, reaching almost to the edges. Heat a drizzle of oil in a large frying pan over medium-high heat. Put the tortilla beef-side down into the pan. Press down with a spatula and cook for 3-4 mins until the beef is browned and crisp. Flip and cook for 1-2 mins more until the tortilla is golden and toasted. Repeat with the remaining tortillas. Put the cooked tacos on a plate or in a low oven to keep warm. Scatter each taco with salad, drizzle with the garlic and chilli sauces, reserved coriander leaves and serve with lemon wedges on the side for squeezing over, if you like.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 515 kcals • fat 32g • saturates 12g • carbs 28g • sugars 7g • fibre 4g • protein 27g • salt 1.1g

Shoot director JORDAN EDMONDS-MOORE | Food stylist JESSICA RANSOM
Stylist AGATHE GITS

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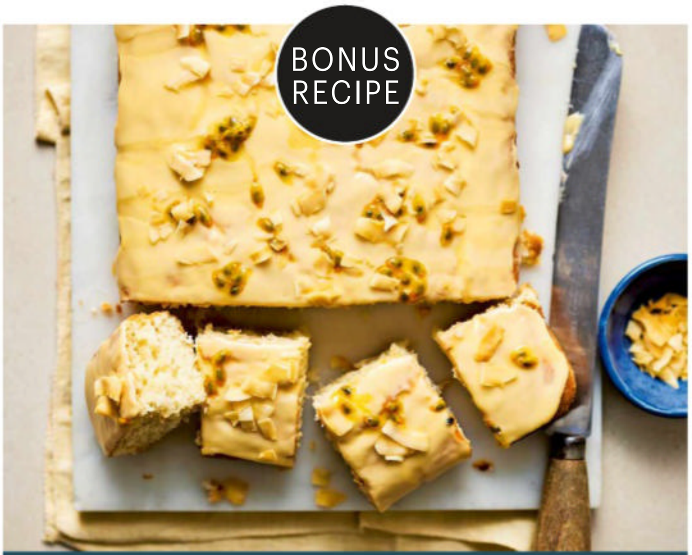

Passion fruit & coconut traybake

Coconut pairs well with the mellow tang of passion fruit. Cut this into squares and share at your next garden party or picnic. **Ailsa Burt**

SERVES 16-20 **PREP** 20 mins plus cooling **COOK** 45 mins **EASY** **V** ❄

- 100g coconut oil, plus extra for the tin
- 400ml can coconut milk
- 325g self-raising flour
- 75g desiccated coconut, plus 1 tbsp
- 1 tsp baking powder
- 300g caster sugar
- 2 eggs, beaten
- 1 tsp vanilla extract
- 50ml whole milk

For the icing and decoration

- 4 passion fruits, halved
- 150g icing sugar, sifted
- 25g coconut flakes, toasted

1 Oil a 20 x 30cm baking tin and line with baking parchment. Heat the oven to 180C/160C fan/gas 4. Melt the coconut oil and coconut milk together in a saucepan over a medium heat, then leave to cool slightly. Meanwhile, mix the flour, dessicated coconut, baking powder, ½ tsp salt and sugar, then make a gap in the middle. Whisk the eggs, vanilla and milk in a jug, then pour this into the dry ingredients. Slowly stir until smooth. Stir in the coconut oil mixture. Pour the batter into the tin and bake for 35-40 mins until golden and a skewer inserted into the middle comes out clean. Put the tin on a wire rack to cool. *Will keep frozen for three months. Defrost before continuing to step 2.*

2 For the icing, scrape the pulp from 3 of the passion fruits into a sieve over a bowl. Press the pulp against the sieve using a spoon to extract the juice (about 2 tbsp), then discard the seeds. Tip the icing sugar into a bowl and pour over the juice. Whisk until smooth, adding a little more icing sugar if needed to make a thick, drizzling consistency. Pour this over the cooled cake and leave to set.

3 Scrape out the remaining passion fruit pulp and spoon over the cake, then scatter with the coconut flakes. Cut into squares or slices to serve. *Will keep chilled in an airtight container for three days.*

PER SERVING (20) 276 kcals • fat 13g • saturates 11g • carbs 36g • sugars 23g • fibre 2g • protein 3g • salt 0.4g

Recipe taken from the June 2024 subscriber edition of Good Food

VAZON BAY, GUERNSEY
Our *outdoor* playground
The ISLANDS of GUERNSEY

summer batch cooking

Fill your freezer with exciting meals from 'The Batch Lady', **Suzanne Mulholland**, so there's no need to worry about dinner over the school holidays

recipes SUZANNE MULHOLLAND *photographs* TOM REGESTER

Mango, lime & chilli prawn fishcakes, p36

Suzanne applied her expertise as a time management trainer in the kitchen to create The Batch Lady. Her make-ahead meals take just an hour to prepare, then dinner is ready and waiting for another day. She is the author of three cookbooks and teaches courses on batch-cooking. *@thebatchlady*

Mango, lime & chilli prawn fishcakes

These fishcakes are zesty, sweet, spicy and the most delicious summery meal. They can be frozen meaning you can make them ahead, defrost and heat when needed. I like to serve them with sticky rice and chopped carrot, cucumber and mango.

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY**
❄ fishcakes only

- 400g raw prawns, peeled and deveined
- 60g mango, finely chopped
- 1 lime, zested
- 2 garlic cloves, crushed
- 10g ginger, grated or 1 tsp ginger paste
- small handful of coriander, finely chopped
- 1 egg, beaten
- 3 tbsp plain flour
- ½ red chilli, deseeded if you prefer less heat and finely chopped (optional)
- 1 tbsp vegetable oil

To serve

- sticky rice or noodles, finely sliced carrot, mango and cucumber, and satay sauce

1 Tip the prawns into a food processor and blitz to a fine paste. Tip into a large bowl along with the mango, lime zest, garlic, ginger, coriander, egg, flour and chilli, if using. Season with salt and pepper and mix well.
2 Heat the oil in a frying pan over a medium heat. Take a tablespoon of the mix and, using the back of another spoon, push the mix into the frying pan into a circle like a pancake. Working in batches, fry until golden on each side and cooked through, around 8-10 mins. You should end up with 12 fishcakes.
3 Serve over sticky rice or noodles with sliced cucumber, mango and carrot, alongside the satay sauce.

GOOD TO KNOW vit c
PER SERVING 187 kcals • fat 5g • saturates 1g • carbs 14g • sugars 1g • fibre 1g • protein 21g • salt 0.6g

gf tip

To reheat
Defrost the fishcakes thoroughly, then cook in the oven or air fryer at 200C/180C fan/gas 4 for 5 mins.

Paneer, chickpea & spinach curry

This curry is packed full of goodness and a great meal to have in the freezer for busy nights.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** **V** ❄

- 2 tbsp vegetable oil
- 1 onion, finely chopped
- 10g ginger, grated or 1 tsp ginger paste
- 2 garlic cloves, crushed
- 1 tbsp medium curry powder
- 1 tsp garam masala
- 1 tsp ground turmeric
- 1 red chilli, deseeded if you prefer less heat, finely chopped
- 200g paneer, cut into 1cm cubes
- 2 x 400g cans of chickpeas, drained
- 400g can of coconut milk
- 400g frozen spinach, defrosted
- 120ml vegetable stock, made with 1 stock cube
- 1 tbsp mango chutney
- ½ lemon, juiced

To serve

- steamed basmati rice, chopped coriander or whole leaves, sliced chilli (optional)

1 Heat the oil in a deep frying pan over a medium heat. Add the onion and cook for 3-4 mins until soft. Stir through the ginger and garlic along with all the spices and chilli. Cook for 1-2 mins until fragrant, then stir in the paneer and chickpeas. Add the coconut milk, spinach and stock. Bring to the boil then reduce to a simmer and cook for 20 mins until reduced and thickened.
2 Stir through the mango chutney then season to taste with salt, pepper and the lemon juice. Serve with rice, fresh coriander on top and some sliced chilli, if you like.

GOOD TO KNOW calcium • iron • fibre • 2 of 5-a-day
PER SERVING 604 kcals • fat 40g • saturates 23g • carbs 29g • sugars 7g • fibre 11g • protein 27g • salt 1g

gf tip

To reheat
Defrost if frozen, then put in a saucepan over low-medium heat until piping hot.

easy

Pancetta, pea & asparagus orecchiette bake, p40

Sausage fennel meatballs with creamy tomato butter beans, p40

Pancetta, pea & asparagus orecchiette bake

This delicious spring pasta bake is a great one for the whole family and freezes brilliantly. I've used orecchiette but you can change up the pasta shape.

SERVES 4 **PREP** 20 mins
COOK 30 mins **EASY** ❄

- 300g dried orecchiette pasta
- 80g frozen peas
- 1 tbsp olive oil
- 130g pancetta
- 125g asparagus spears, trimmed and cut into 4
- 1 garlic clove, finely sliced
- 75g butter
- 75g plain flour
- 750ml milk
- 60g cheddar, grated
- 90g parmesan, grated
- 20g panko breadcrumbs

1 Bring a saucepan of salted water to the boil. Add the orecchiette and cook for 4 mins less than stated on the pack instructions. Add the peas for the final minute of cooking. Drain and set aside.

2 Heat the oil in a large frying pan over a medium heat. Add the pancetta and fry until golden, around 6 mins. Add the sliced asparagus and garlic, and cook for 2-3 mins, then tip everything into a bowl and set aside.

3 Melt the butter in the frying pan. Whisk in the flour and start to add the milk a little at a time, whisking well until you have a creamy sauce. Simmer for 3-4 mins until thickened. Remove from the heat and stir through the cheddar and 60g of the parmesan. Once melted and smooth, season the sauce to taste. Mix in the cooked pasta and the asparagus mixture. Spoon into an ovenproof dish (ours was 25 x 30cm). Scatter over the breadcrumbs along with the remaining parmesan.

4 If cooking immediately, heat the grill to high. Grill for 5-6 mins until golden and bubbling. Otherwise, leave to fully cool and cover well before freezing.

GOOD TO KNOW calcium • fibre
PER SERVING 932 kcals • fat 48g • saturates 25g • carbs 84g • sugars 11g • fibre 7g • protein 38g • salt 2.2g

tip

To reheat

Defrost if frozen, then heat the oven to 200C/180C fan/gas 4. Bake for 25 mins until golden. Finish under a hot grill to crisp up the topping.

Sausage fennel meatballs with creamy tomato butter beans

This twist on traditional meatballs using sausagemeat and ricotta makes the juiciest meatballs, which are baked here with deliciously creamy butter beans and tomatoes.

SERVES 4 **PREP** 20 mins
COOK 25-30 mins **EASY** ❄

- 2 tbsp olive oil
- 2 garlic cloves, finely sliced
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 2 x 400g cans butter beans, drained
- 400g pork sausagemeat or sausages, skins removed
- 1 tsp fennel seeds
- 100g ricotta
- 20g parmesan, grated, plus extra to serve
- 20g panko breadcrumbs
- 70ml double cream
- small handful of basil, finely chopped, to serve

1 Heat the oil in a saucepan over a medium heat. Add the garlic and cook for 1 min before adding the tomato purée. Cook for 1 min, then add the chopped tomatoes, swilling out the can with water, adding that too, then the butter beans. Bring to a simmer and cook for 10 mins.

2 Tip the sausagemeat, fennel seeds, ricotta, parmesan and breadcrumbs into a large bowl and season with pepper. Mix well using your hands then divide into 12 balls. Remove the sauce from the heat, add the cream and season to taste.

3 Heat the oven to 200C/180C fan/gas 4. Pour the creamy butter beans into a shallow baking dish and put the meatballs on top. Cook in the oven for 25-30 mins. Top with extra grated parmesan and fresh basil. Otherwise, leave to cool fully, cover well and freeze.

GOOD TO KNOW calcium • fibre • 2 of 5-a-day
PER SERVING 596 kcals • fat 39g • saturates 16g • carbs 31g • sugars 7g • fibre 10g • protein 25g • salt 1.6g

tip

To reheat

Defrost if frozen, heat the oven to 200C/180C fan/gas 4, then cook in the oven for 25-30 mins. Once cooked, top with the remaining grated parmesan and basil.

Shoot director JORDAN EDMONDS-MOORE | Food stylist JESSICA RANSOM | Stylist AGATHE GITS.
Headshot photograph ANDREW HAYES-WATKINS

Za'atar & lemon chicken traybake

This simple traybake recipe combines Lebanese spices, crispy chicken and vegetables to create the most delicious prep-ahead one-pan meal. This means when you come to cook, all you need to do is tip onto a tray and cook.

SERVES 4 **PREP** 15 mins
COOK 35 mins **EASY** ❄

4 medium floury potatoes, cut into wedges
3 tbsp olive oil
2 tbsp za'atar
2 tsp sumac
1 tsp paprika
2 garlic cloves, crushed
2 lemons, 1 juiced and 1 cut into slices
8 bone-in, skin-on chicken thighs
2 red onions, cut into chunks
100g mixed olives, pitted
small handful of parsley, finely chopped
natural yogurt, to serve

1 Put the potato wedges in a saucepan of salted, cold water, bring to the boil and cook for 3 mins. Drain and leave to cool.
2 Mix the olive oil with the za'atar, sumac, paprika, garlic, lemon juice and 1 tsp salt in a large bowl to create a paste. Add the chicken thighs, red onion chunks, olives and the sliced lemon. Tip in the cooled potato wedges and toss everything well in the spice paste.
3 Heat the oven to 200C/180C fan/ gas 4. Tip everything onto a baking tray arranging the chicken thighs on top. Cook for 35-40 mins until golden. To serve, scatter with the parsley and top with some yogurt Otherwise, leave to cool, put in a container and freeze.

GOOD TO KNOW fibre • gluten free
PER SERVING 667 kcals • fat 33g • saturates 8g • carbs 49g • sugars 7g • fibre 9g • protein 38g • salt 2.6g

tip

To reheat
Defrost thoroughly if frozen, then heat the oven to 200C/180C fan/ gas 4. Tip everything onto a baking tray, arranging the chicken thighs on top. Cook for 35-40 mins until golden and cooked through.

Tasty escapes

Florette is giving you a chance to win a holiday to one of five foodie destinations, plus there's £100 up for grabs every day of the competition!

With summer just around the corner, you're probably already thinking about travelling abroad to explore new cities, sunbathe on beautiful beaches and sample plenty of delicious food. Well, Florette is offering you an opportunity to enjoy that well-deserved break for free, by giving away three amazing holidays on the latest packs of its premium fresh salads.

One lucky winner will be selected each month between May and July, with five stunning destinations to choose from: Mexico, Thailand, Seville, Croatia and New York. Plus, there's £100 to be won every day throughout the promotion, so if you enter, you'll be in the running to win that, too.

To celebrate this exciting giveaway, Florette has created a series of recipes inspired by the five prize locations. So, if you want to unleash some leafy loveliness into your meals, here are just a couple to get you started. You could recreate an iconic New York sub with the chopped cheese, or treat a seafood lover to the flavours of Seville with the spiced cod.

To find out more and enter the competition, visit florettesalad.co.uk/tastyescapes or scan the QR code

Competition ends at 23:59 on 16 August 2025. Entrants must be UK residents, aged 18 or over. Three winners will each win a holiday to one of five destinations, and there's £100 to be won every day of the promotion. Purchase a promotional pack and scan the QR code to enter. Visit florettesalad.co.uk/tastyescapes for full T&Cs.

Chopped cheese sandwich

SERVES 2 PREP 5 mins
COOK 10 mins EASY

1 tbsp vegetable oil
250g pork mince
1 small onion, halved and finely sliced
1 tsp garlic granules
1 tsp flaky sea salt
½ tsp dried oregano
pinch of ground turmeric
6 cheese slices
2 tbsp salted butter
2 sub rolls, halved and toasted
ketchup and mayonnaise
1 tomato, thickly sliced
2 large handfuls of Florette Mixed

1 Heat the oil in a large frying pan over a high heat. Fry the pork mince and onion for 2 mins, breaking up the meat with a spatula as it browns.

2 Meanwhile, make the seasoning by mixing together the garlic granules, salt, oregano and turmeric with a pinch of freshly ground black pepper (or use 2½ tsp of ready-made Adobo seasoning). Add to the pan and fry for another 2 mins, stirring to coat the meat.

3 Press down on the mince with the back of the spatula to create an even layer and place the cheese slices over the top. Cook for 1-2 mins until the cheese is melted and the meat is crispy, then split down the middle and fold each half with the spatula until it's the right size and shape to fit in the sandwich.

4 Spread the butter onto the toasted rolls. Fill each roll with ketchup and mayonnaise, then the meat and cheese, and finally the tomato slices and Florette Mixed, before sandwiching the halves together.

CHANCE TO WIN A TASTY ESCAPE!
Florette
Crispy
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Mixed

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Discover more Florette recipe inspiration at bbcgoodfood.com/florette-elevate-your-plate/

Cod with spiced rice salad

SERVES 2 PREP 10 mins
COOK 25 mins EASY

1½ tbsp oil
2 red peppers, deseeded and cut into chunks
1 red onion, finely chopped
100g spring onions, finely sliced
1 tbsp smoked paprika
pinch of chilli powder
1 tsp garlic granules
1 tsp ground coriander
250g cooked rice
6 padron peppers
140g Florette Classic Crispy

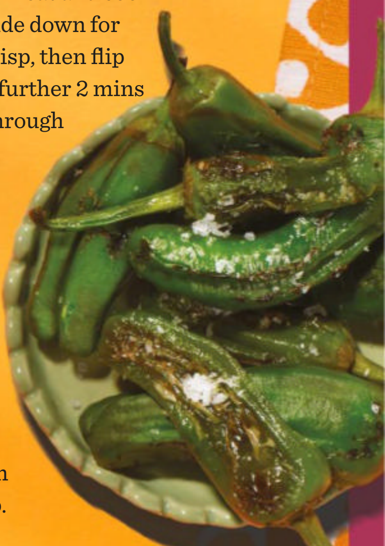
For the cod
1 tbsp oil
1 tsp smoked paprika
¼ tsp garlic granules
2 skin-on cod fillets (280g)

1 Heat 1 tbsp of the oil in a large frying pan over a medium-high heat. Fry the peppers and red onion for 8 mins until softened. Add the spring onions, paprika, chilli powder, garlic granules and ground coriander and fry for another 2 mins, stirring to coat everything in the spices. Mix in the cooked rice, then season to taste, transfer to a plate and set aside to cool.

2 In the same pan, heat the remaining oil over a high heat. Fry the padron peppers for 5 mins, turning occasionally, until blistered and soft.

3 Meanwhile, prepare the cod by mixing the oil, paprika and garlic granules together and brushing over the cod fillets. Heat another frying pan over a medium-high heat and cook the cod skin-side down for 4 mins until crisp, then flip and cook for a further 2 mins until cooked through but still flaky.

4 Mix the Florette Classic Crispy into the rice, then divide between two plates and serve with the cod and padron peppers on top.



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ALDI

Everyday Amazing.

One base, three meals
Herby baked fish with green olives, **p54**

Cook smart

Spend less and make more of what you've got in the fridge and storecupboard

COOK SMART

Air fryer classics

Make these comforting family favourites without turning on the oven

recipes SAMUEL GOLDSMITH *photographs* SAM FOLAN

Air fryer mac & cheese, p46

Air fryer chicken parmigiana, p46

Air fryer mac & cheese

Using the air fryer gives this a lovely crisp topping.

SERVES 2-3 **PREP** 20 mins
COOK 30-40 mins **EASY** **V**

250g macaroni
300ml whole milk
30g butter
30g plain flour
65g mature cheddar, grated
1 tsp English mustard
30g panko breadcrumbs

1 Cook the macaroni following pack instructions, drain, then set aside.

2 Warm the milk in a heatproof jug in the microwave or in a small saucepan until just steaming. Melt the butter in a small saucepan over a low heat, then stir in the plain flour until combined and cook for 1 min. Gradually pour in the milk, whisking constantly, until all combined and you have a glossy sauce. Once bubbling, cook for 1 min then remove from the heat. Stir in all but a handful of the cheddar along with the mustard and mix until the cheese has melted.

3 Tip the pasta into a heatproof dish that will fit into your air fryer and pour over the cheese sauce. Give it a little mix to ensure the sauce has coated as much of the pasta as possible.

4 Combine the breadcrumbs with the remaining cheddar and scatter over the top of the macaroni and cheese mixture. Heat in your air fryer at 180C for 15-20 mins until the breadcrumbs are golden and the mac and cheese is bubbling.

GOOD TO KNOW calcium
PER SERVING (3) 607 kcals • fat 21g • saturates 12g • carbs 80g • sugars 7g • fibre 5g • protein 22g • salt 1.3g

Air fryer chicken parmigiana

Make a lighter version of this family favourite by cooking it in the air fryer.

SERVES 4 **PREP** 20 mins
COOK 20-30 mins **EASY**

2 large chicken breasts
40g plain flour
1 egg, beaten
50g panko breadcrumbs
25g parmesan, finely grated
4-8 tbsp tomato sauce (homemade or shop-bought), plus more to serve
125g ball mozzarella, sliced into 4
200-400g spaghetti, cooked, to serve
basil leaves, torn, to serve

1 Halve the chicken lengthways to create four fillets then cover with baking parchment and bash using a rolling pin or base of a saucepan until they're all an even thickness.

2 Tip the flour onto a plate and pour the egg onto a separate plate. Combine the panko and parmesan on a third plate. Coat the chicken in flour, then dip in the egg and finally coat in the panko mix. Repeat until all the chicken is coated, then place in your air fryer and cook at 180C for 15 mins or until golden.

3 Spoon 1-2 tbsp of tomato sauce onto each piece of chicken then place a slice of mozzarella on top. Put back in the air fryer and cook for a further 5-10 mins until the mozzarella has turned golden and the chicken is cooked through. Serve with spaghetti, more tomato sauce, cracked black pepper and a sprinkling of torn basil leaves.

PER SERVING 315 kcals • fat 13g • saturates 7g • carbs 18g • sugars 1g • fibre 1g • protein 32g • salt 0.87g

tip

If the chicken breasts are large then you should be able to serve four people, but smaller breasts will only serve two.

Air fryer miso aubergine

This is a great vegetarian dish full of umami flavour – serve on a bed of giant couscous or fluffy steamed rice, if you like.

SERVES 4 **PREP** 10 mins
COOK 25-35 mins **EASY** **V**

2 aubergines, halved lengthways
2 tbsp white miso paste
1 tbsp soy sauce
1½ tbsp honey
1 tbsp vegetable oil
½ lime, juiced, plus extra wedges to serve
sesame seeds and coriander leaves, to serve

1 Cut a criss-cross pattern into the flesh of the aubergine being careful not to go through the skin. Combine the miso, soy, honey, oil and lime juice, then brush this over the aubergine flesh, making sure to get some into the cuts.

2 Place the aubergine halves in the air fryer and cook at 180C for 25-35 mins until the aubergine has softened and lightly charred. Serve with a sprinkling of sesame seeds and coriander, and lime wedges on the side for squeezing over.

GOOD TO KNOW low fat • 1 of 5-a-day
PER SERVING 95 kcals • fat 4g • saturates 0.4g • carbs 11g • sugars 11g • fibre 4g • protein 2g • salt 1.44g

Shoot director FREDDIE STEWART | Food stylist TROY WILLIS | Stylist FAYE WEARS

The yellow sticker challenge

Make the most of reduced radishes with these zero-waste recipes

recipes AILSA BURT *photographs* SAM FOLAN

Radish & broad bean bruschetta

Pair sticky, sweet and peppery radishes with a zesty radish leaf and broad bean spread for a light and satisfying al fresco lunch.

MAKES 8-10 **PREP** 20 mins
COOK 30 mins **EASY** **V**

- 2 bunches of radishes with leaves (about 500g)
- 3 tbsp extra virgin olive oil, plus a little extra for the toast
- 2 tsp cumin seeds
- 2 tbsp honey
- 100g broad beans, double podded
- 75g Greek yogurt
- 100g feta, drained and crumbled
- small handful of mint, leaves picked and finely chopped
- ½ lemon, zested
- 300g focaccia, cut into 8-10 slices
- 30g hazelnuts, toasted and finely chopped (optional)

1 Heat the oven to 200C/180C fan/gas 6. Remove the leaves from the tops of the radishes and wash well. Quarter the radishes and tip onto a baking tray with the olive oil, cumin, honey and some seasoning. Toss well to combine and roast in the oven for 15-20 mins until tender and dark pink.

2 Meanwhile, bring a pan of well-salted water to the boil. Tip in the broad beans and cook for 2-3 mins, then add the radish leaves and cook for a further 30 seconds. Drain well and transfer to a bowl of ice-cold water. Leave for 5 mins before draining thoroughly. Put all the veg in a food processor and spoon in the yogurt, feta, mint and most of the lemon zest. Pulse until everything is roughly chopped, then blitz until smooth and creamy. Season to taste with salt, pepper and the remaining lemon zest. *Will keep chilled for up to three days.*

3 Heat the grill on high. Brush each focaccia slice with some olive oil. Arrange on a baking tray and grill each side until golden brown and toasted. Top the toasted focaccia with the broad bean mixture, then scatter over the roasted radishes and hazelnuts, if using.

PER SERVING (10) 204 kcals • fat 11g • saturates 3g • carbs 20g • sugars 6g • fibre 1g • protein 7g • salt 0.81g

tip

You can use any nuts you have for these bruschetta – they work great with pine nuts or walnuts.

Shoot director FREDDIE STEWART | Food stylist TROY WILLIS | Stylist FAYE WEARS

Radish tzatziki

Coarsely grate **400g radishes** and mix through **350g thick Greek yogurt** along with **1 small crushed garlic clove** and a handful of **finely chopped mint leaves**. Season to taste and serve with **flatbreads** for dipping or as part of a meze spread.

Radish leaf pesto

Tip any leftover **radish leaves** into a food processor along with **1 roughly chopped garlic clove**, **30g grated parmesan** or vegetarian hard cheese, **30g roughly chopped nuts** (like walnuts or almonds) and **4 tbsp extra virgin olive oil**. Blitz and drizzle in more olive oil if needed. Season to taste. *Will keep chilled for up to four days.*

Pink pickled radishes

Finely slice a bunch of **radishes** and tip into a bowl. Combine **2 tbsp vinegar** (we like apple cider vinegar) with **2 tsp caster sugar** and a big pinch of salt. Stir until dissolved, then pour over the radishes and stir well. Leave to pickle for 15-20 mins before serving. You can add aromatics to this, such as any herbs you like.

COOK SMART

One base three meals

Make a batch of summer bean stew, then use it as the foundation for more inventive dinners

recipes AILSA BURT *photographs* SAM FOLAN

The base

Summery beans & herby green aïoli

Dried beans are very cost-effective, and ideal for simmering in a big batch. Use a good-quality olive oil when making this dish, as it imparts a lot of flavour.

MAKES 3 dinners (each one serving 4) **PREP** 25 mins plus at least 8 hrs soaking **COOK** 2 hrs 25 mins **EASY** **V**

1kg cannellini, butter or pinto beans
1 parmesan rind (optional)
small bunch of parsley
small bunch of oregano
1 garlic bulb, cloves bashed and skin removed
1 onion, cut into quarters
1 lemon, halved
75ml extra virgin olive oil
2 tbsp olive oil
1 red onion, finely sliced
700g courgettes, halved and thickly sliced
500g tomatoes, halved if small or thickly sliced
small handful of basil, leaves picked

For the green aïoli

3 egg yolks (freeze the whites to use in another recipe)
2 garlic cloves, crushed
1 tbsp Dijon mustard
½ lemon, juiced
400ml olive oil or sunflower oil
2 small handfuls of soft herbs (such as basil, chives and parsley), finely chopped

1 Tip the beans into a large saucepan and cover with several inches of cold water. Leave to soak for at least 8 hrs, or up to 14 hrs.

2 When ready to cook, add 2 tsp fine sea salt to the pan. Set the pan over a medium-high heat and bring to the boil, then reduce the heat to a gentle simmer – don't let them boil, as the beans will split. Skim away any scum that rises to the top of the pan. Add the parmesan rind, if using, the herbs, garlic, onion and lemon, along with the extra virgin olive oil. Season with another large pinch of salt and pepper. Cook for 1-2 hrs, stirring occasionally until the beans are tender. Keep an eye on the water level to ensure it isn't too low – you want about an inch of water on top. Use a slotted spoon to remove the lemon, onions, herb sprigs and parmesan rind, then discard. Leave to cool.

3 Heat the olive oil in a frying pan over a medium heat. Stir in the red onion with a pinch of salt, and cook for 5-7 mins until it is beginning to soften. Tip in the courgettes and cook for 10-15 mins until softened with a bit of bite and lightly browned. Stir the courgettes, tomatoes and basil into the beans, and season. *Will keep chilled for up to five days. Leave to cool first.*

4 To make the aïoli, tip the egg yolks, garlic, mustard, 2 tsp of the lemon juice and 1 tbsp cold water into the bowl of a food processor. Blend until mixed and drizzle in the oil in a very slow, steady stream. Once all the oil has been added and emulsified, add the herbs and blitz again until fine. Add more oil slowly to make it a thinner consistency, if you like. Season to taste with more lemon juice, salt and pepper. *Will keep chilled for up to four days.*

GOOD TO KNOW folate • fibre • iron • 2 of 5-a-day • gluten free

PER SERVING 587 kcals • fat 35g • saturates 5g • carbs 39g • sugars 4g • fibre 15g • protein 21g • salt 1.45g

tip

You could also cook the beans in a pressure cooker if you have one. They will take around 30 mins.

Meal one

Parersan chicken & green bean salad

SERVES 4 **PREP** 20 mins
COOK 25 mins **EASY**

- 2 chicken breasts
- 150ml sunflower oil
- 30g plain flour
- 1 egg, beaten
- 50g panko breadcrumbs
- 25g parmesan, finely grated
- small handful of leftover herbs, finely chopped (optional)
- 1kg leftover summery beans (see opposite), drained
- leftover herby green aïoli (see opposite), to serve

For the salad

- 250g green beans, halved
- small handful of dill, finely chopped
- ½ lemon, juiced
- 50ml olive oil
- 80g mixed lettuce leaves

1 Put the chicken breasts on a chopping board and, with your hand flat on top of one, use a sharp knife to slice into the side of the breast, starting at the thicker end and ending at the thin point, cutting it into two thin pieces. Repeat with the other breast. Heat the oil in a deep frying pan over a medium heat.

2 Put the flour, egg and breadcrumbs in three separate shallow bowls. Mix the parmesan and herbs, if using, into the breadcrumbs and season well. Dip the chicken in the flour, patting well to coat, then dredge in the egg and breadcrumbs, pressing well. Transfer to the pan and cook for 4-5 mins on each side until golden and cooked through. Tip the leftover summery beans into a pan and warm through over a medium heat, stirring.

3 Meanwhile, tip the green beans into a pan of boiling, salted water and cook for 3-4 mins until they are tender but still have some bite. Drain well and rinse under cold water. Pat dry. Whisk most of the dill, lemon juice and olive oil together, and season to taste. Toss in the green beans and lettuce leaves.

4 Slice the chicken and serve with the summery beans and salad. Scatter over the remaining dill and serve the green aïoli on the side.

GOOD TO KNOW folate • fibre • iron • 2 of 5-a-day
PER SERVING 553 kcals • fat 20g • saturates 4g • carbs 44g • sugars 5g • fibre 15g • protein 42g • salt 1.4g

Meal two

Herby baked fish with green olives

SERVES 4 **PREP** 5 mins
COOK 20 mins **EASY**

- 1kg leftover summery beans (see p52)
- 2 tbsp olive oil
- small handful of soft herbs, finely chopped (we used parsley and basil)
- 2 tsp za'atar
- 120g green olives, roughly chopped
- 500g white fish loins (such as cod), cut into 4
- leftover herby green aïoli (see p52)

1 Heat the oven to 200C/180C fan/gas 6. Tip the beans and a few ladlefuls of its broth into a large baking dish. Combine the oil, herbs, za'atar, olives and some seasoning in a bowl and use this to coat the fish.

2 Arrange the fish over the beans and bake for 15-20 mins, depending on how thick the fish is, until the fish is cooked through and the beans are bubbling. Divide between four plates and top with a spoonful of aïoli.

GOOD TO KNOW low cal • folate • fibre • iron • 2 of 5-a-day • gluten free

PER SERVING 423 kcals • fat 12g • saturates 2g • carbs 29g • sugars 3g • fibre 13g • protein 42g • salt 2.25g

Shoot director FREDDIE STEWART | Food stylist TROY WILLIS | Stylist FAYE WEARS

Meal three

Baked feta & bean salad

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY** **V**

- 250g block vegetarian feta, drained
- 1 tbsp extra virgin olive oil
- 1 tbsp honey
- 1 tsp fennel seeds
- ½-1 tsp chilli flakes (depending on your preference for heat)
- small handful of mint, leaves picked and finely chopped
- 200g asparagus, cut into small pieces or peeled into ribbons
- 1 green pepper, cut into 1cm cubes
- 1kg leftover summery beans (p52), drained
- 80g salad leaves
- toasted ciabatta, to serve (optional)

For the dressing

- 1-2 tbsp apple cider vinegar
- 3 tbsp leftover herby green aïoli (p52)
- 1 tbsp wholegrain mustard

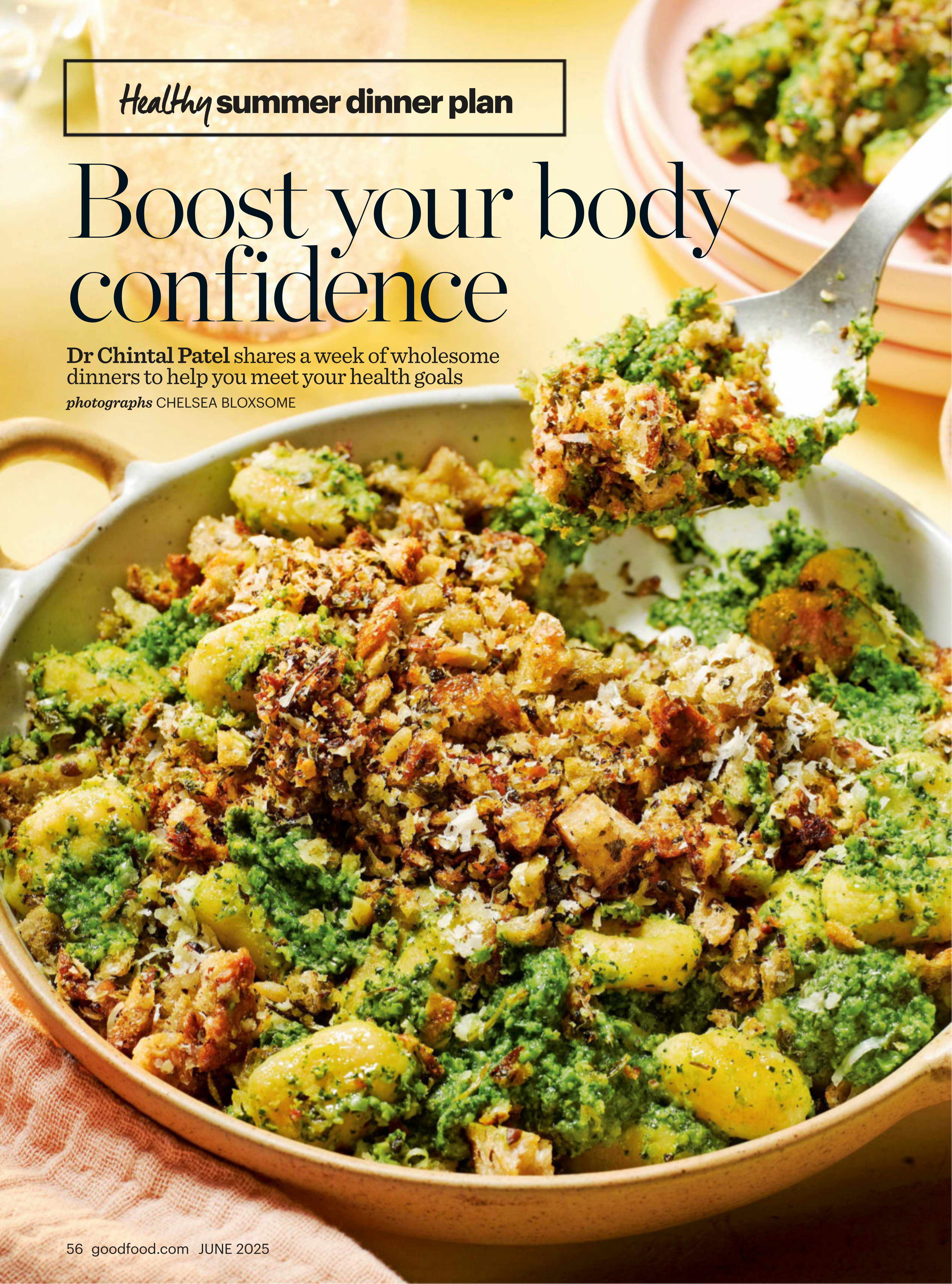
1 Heat the grill to high. Put the feta in a baking dish and drizzle over the oil and honey, then scatter over the fennel seeds and chilli flakes. Pop under the grill for 7-10 mins until bubbling and charred at the edges. Remove and leave to cool slightly.

2 Meanwhile, toss the mint, asparagus, pepper, drained beans and salad leaves together. For the dressing, mix the vinegar, aïoli and mustard together, and season to taste, adding a splash of water if needed to make it a drizzling consistency. Pour this over the salad leaves and toss together.

3 Break the feta into chunks over the salad and drizzle over any juices from the baking dish. Serve with toasted ciabatta, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 541 kcals • fat 28g • saturates 11g • carbs 37g • sugars 10g • fibre 14g • protein 28g • salt 2.84g



Healthy **summer dinner plan**

Boost your body confidence

Dr Chintal Patel shares a week of wholesome dinners to help you meet your health goals

photographs CHELSEA BLOXSOME

Welcome in summer with a brighter, healthier you. Our latest Healthy Diet Plan has been devised by NHS GP and award-winning recipe creator Dr Chintal Patel, delivering a week's worth of healthy recipes to help you meet your goals, whether that's weight loss, sticking to healthy eating recommendations or stacking up 30 plant points to improve your gut microbiome.

You can find the full plan – taking you from breakfast through to lunch and dinner across seven days – on our app. This is calculated with a modest shortfall in calories to support steady weight loss. But if you're not looking to lose weight, just add one of our healthy snack recipes each day (also available on the Good Food app).

For a taste of Dr Chintal's exclusive summer plan, we're featuring her latest healthy dinner recipes in the following pages. They're packed with nutritious ingredients and simple ideas to boost flavour, creating a delicious way to feel your best this summer.

Scan the QR code below to access our latest Healthy Diet Plan, all of our previous plans as well as shopping lists.

Super-green gnocchi with garlic breadcrumbs

Puréeing kale and peas into the sauce ensures this gnocchi is packed full of fibre and nutrients. Made in one pan and easy to prepare, it's the perfect meal for a meat-free Monday. Serve on its own or with a side salad.

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY** **V**

500g fresh gnocchi
1 red onion, finely chopped
4 garlic cloves, crushed
200g cavolo nero, roughly chopped
320g frozen petit pois, defrosted
1 lemon, zested
salad, to serve

For the garlic breadcrumbs
3-4 slices seeded wholemeal sourdough (about 180g), roughly torn
25g flat-leaf parsley, roughly chopped
25g coriander, roughly chopped
3 garlic cloves, crushed
1 tbsp olive oil
80g parmesan or vegetarian alternative, finely grated

1 Heat the oven to 200C/180C fan/gas 6. Heat a large, dry frying pan over a medium heat and fry the gnocchi for 5-6 mins until golden and crisp. Remove to a bowl.

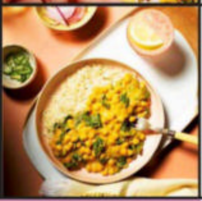
2 Meanwhile, for the breadcrumbs, put the bread, herbs and garlic in a food processor and pulse to coarse crumbs. Heat half the oil in the pan over a medium heat and toast the breadcrumbs for 6-8 mins until golden all over. Transfer to a bowl, stir in the parmesan and season.

3 Cook the onion in the same pan with the remaining oil until soft and lightly browned, about 8-10 mins. Add the garlic and cook for 1 min more until fragrant. Mix in the cavolo nero, peas and 350ml water, season well, cover and cook over a medium-high heat for 10-15 mins until softened and tender. Transfer to a blender with the lemon zest and blitz until smooth. Stir the sauce into the bowl with the gnocchi and season to taste.

4 Sprinkle over the breadcrumbs and serve immediately, either on its own or with a side salad.

GOOD TO KNOW healthy • calcium • fibre • vit c • 2 of 5-a-day
PER SERVING 479 kcals • fat 12g • saturates 5g • carbs 61g • sugars 9g • fibre 14g • protein 24g • salt 0.75g

Your 7-day dinner plan for two

monday		**Super-green gnocchi with garlic breadcrumbs**	p57
tuesday		**Leek, pea & spinach orzo**	p58
wednesday		**Tandoori trout traybake with cucumber raita**	p59
thursday		**Rose harissa tempeh kebabs with bulgur wheat**	p60
friday		**Chipotle chicken in tortilla bowls**	p61
saturday		**Thai basil prawns & mango salsa**	p62
sunday		**Yogurt, chickpea & spinach curry**	p63

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Leek, pea & spinach orzo

Achieve three of your five-a-day in this bright dinner packed with gut-friendly prebiotic fibre. You can swap out the veg for any seasonal alternatives – asparagus works well if available.

SERVES 4 PREP 20 mins
COOK 20 mins EASY **V**

1 tbsp olive oil
4 large garlic cloves, finely sliced
320g leeks, finely sliced
250g orzo
320g frozen peas
10g tarragon sprigs, leaves picked
320g spinach
½ lemon, zested and juiced
2 tbsp crème fraîche

1 Heat the oil in a large pan over a medium heat and fry the garlic for 3-4 mins until soft and golden. Add the leeks and a pinch of salt. Cook for 6-8 mins until soft and wilted.
2 Meanwhile, cook the orzo following pack instructions. Drain, reserving a little of the cooking water.
3 Stir the peas, tarragon and two large handfuls of the spinach into the leeks. Cook until the spinach is wilted before adding more, cooking in batches until all the spinach has been incorporated. Season well and stir in a splash of the reserved pasta cooking water. Stir in the lemon zest and juice, the orzo and crème fraîche, along with another splash of the cooking water to adjust the consistency as needed. Serve immediately.

GOOD TO KNOW **healthy • low fat • low cal • folate • fibre • vit c • 3 of 5-a-day**
PER SERVING **390 kcals • fat 8g • saturates 3g • carbs 58g • sugars 7g • fibre 11g • protein 16g • salt 0.12g**

Tandoori trout traybake with cucumber raita

Enjoy your recommended weekly portion of oily fish in this simple, flavourful traybake. Trout fillets are also a more sustainable option, but you can substitute them with another oily fish, like salmon, if you like.

SERVES 4 **PREP** 15 mins
COOK 35 mins **EASY**

650g sweet potatoes, halved and cut into 1cm-thick slices
1 tbsp extra virgin olive oil
4 tbsp lime juice
1-2 tbsp tandoori masala (according to your preference for heat)
4 x 140g trout fillets
320g long-stemmed broccoli
320g asparagus tips
160g cherry tomatoes
20g flaked almonds
10g coriander, finely chopped
1 red chilli, finely sliced

For the raita

100g low-fat live yogurt
½ cucumber, coarsely grated
½ tsp ground cumin

1 Heat the oven to 200C/180C fan/gas 6. Tip the sweet potatoes into a large, shallow roasting tin and drizzle over the oil. Season, toss well and arrange in a single layer. Roast for 15 mins.

2 Meanwhile, mix the lime juice and tandoori masala together in a small bowl. Brush this mixture over the trout fillets. Put the broccoli, asparagus tips and tomatoes in the tin with the sweet potatoes, season and toss well. Nestle the trout fillets on top of the veg. Sprinkle over the flaked almonds and bake for 15-20 mins, depending on how thick the fish is, until the trout is cooked through.

3 Combine the raita ingredients and season well. Scatter the coriander and chilli over the traybake and serve with the raita on the side.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • omega-3 • 4 of 5-a-day • gluten free
PER SERVING 490 kcals • fat 15g • saturates 3g • carbs 44g • sugars 16g • fibre 11g • protein 39g • salt 0.51g

Rose harissa tempeh kebabs with bulgur wheat

When the weather's cooperating, cook these kebabs on the barbecue – but if it's not, they can just as easily be cooked in the oven.

SERVES 4 **PREP** 30 mins
COOK 30 mins **EASY** **V**

200g tempeh, cut into 2cm cubes
1 red onion, cut into thin wedges
1 red and 1 yellow pepper, each cut into 3cm cubes
2 small courgettes, halved and cut into 3cm-thick slices
50g rose harissa paste

For the bulgur salad

250g bulgur wheat
90g Kalamata olives, pitted and halved
2 ripe tomatoes, roughly chopped
30g parsley, finely chopped
100g pomegranate seeds

For the tahini drizzle

4 tbsp tahini
4 tbsp lemon juice

1 First, make the bulgur salad. Cook the bulgur wheat following pack instructions, then drain well and set aside to cool. Once cooled, stir in the olives, tomatoes, parsley and pomegranate seeds, then season.

2 Heat the oven to 200C/180C fan/gas 6 or light the barbecue. Put the tempeh, onion, peppers, courgettes and rose harissa in a large bowl and mix well to coat. Thread the tempeh and veg alternately on eight metal skewers and arrange on a baking tray. Bake for 20-25 mins. Or cook on the barbecue until golden and lightly charred at the edges.

3 Meanwhile, for the tahini drizzle, combine the tahini and lemon juice, then add a splash of water until the mixture can be drizzled. Serve the kebabs with the bulgur salad, drizzled with the tahini sauce.

GOOD TO KNOW vegan • healthy • folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 502 kcals • fat 22g • saturates 3g • carbs 46g • sugars 13g • fibre 13g • protein 22g • salt 1.31g

Chipotle chicken in tortilla bowls

This is a fun Friday night meal that can be totally customised for each person – serve the empty tortilla bowls on plates, then put all the fillings in the middle of the table for everyone to fill up their bowls as they like. It ticks all five of your five-a-day boxes, and can be made vegetarian by swapping out the chicken for halloumi or tofu.

SERVES 4 **PREP** 25 mins plus marinating **COOK** 45 mins **EASY**

- 4 large wholemeal or corn tortillas
- 500g skinless, boneless chicken breasts
- 6-8 tsp chipotle paste
- 4 tbsp lime juice
- 4 ripe tomatoes, finely chopped
- 1 small red onion, finely chopped
- 2-3 tbsp pickled jalapeños, chopped
- neutral-tasting oil (such as vegetable), for frying
- ½ iceberg lettuce, finely shredded
- 2 ripe avocadoes, stoned, halved, peeled and finely chopped
- 340g can sweetcorn, drained
- 400g can black beans, drained and rinsed

For the dressing

- 1 tbsp chipotle paste
- 2 tbsp honey
- 3 tbsp extra virgin olive oil
- 3-4 tbsp lime juice

1 Heat the oven to 200C/180C fan/gas 6. Gently press each tortilla into an oven-safe bowl, folding creases in the sides to ensure it fits snugly (if you don't have multiple bowls, you'll need to do this in batches). Put a piece of scrunched-up foil inside each tortilla to help maintain its shape while baking. Bake for 12-15 mins until lightly browned. Cool completely before removing from the bowls. Set aside.

2 To make the dressing, combine all the ingredients and season to taste, adding more lime juice if needed, then set aside. Put the chicken breasts on a board, cover with a sheet of baking parchment and gently flatten to an even thickness by bashing with a rolling pin or meat mallet. Put the chicken in a large bowl with the chipotle paste and lime juice, stir to coat and leave to marinate for 20-30 mins while you make the salsa.

3 Mix the tomatoes, onion, jalapeños and 1-2 tbsp of the jalapeño brine together in a bowl. Lightly brush oil over a griddle pan and set over a medium heat. Griddle the chicken for 12-15 mins until fully cooked. Remove to a board. Set aside.

4 Slice the chicken, then fill the tortilla bowls with lettuce, avocado, sweetcorn, black beans, chicken and salsa. Drizzle over the chipotle dressing and serve straightaway.

GOOD TO KNOW healthy • folate • fibre • vit c • 4 of 5-a-day
PER SERVING 708 kcals • fat 28g • saturates 4g • carbs 63g • sugars 22g • fibre 14g • protein 44g • salt 1.34g

Thai basil prawns & mango salsa

Mangos are rich in vitamins, minerals and fibre, and a perfect foil to herby, chilli-spiked prawns. This recipe would also work well with chicken, tofu or tempeh.

SERVES 4 **PREP** 25 mins
COOK 30 mins **EASY**

- 300g brown jasmine rice
- 1 tsp sesame oil
- 4 garlic cloves, thinly sliced
- 200g green beans, roughly chopped
- 200g asparagus tips, roughly chopped
- 350g baby spinach leaves
- 300g raw king prawns
- 25g Thai basil
- ½ red chilli (deseeded, if you like), finely sliced

For the sauce

- 1 tbsp light brown soft sugar
- 1 tbsp fish sauce
- 4 tbsp lime juice

For the mango salsa

- 1 large mango, stoned, peeled and finely chopped
- ¼ red onion, finely chopped
- ¼ cucumber, finely chopped
- small handful of coriander, finely chopped
- 1-2 tbsp lime juice
- ½ red chilli (deseeded, if you like), sliced

1 Cook the rice following pack instructions and set aside. To make the mango salsa, mix all the ingredients together in a large bowl. Season and set aside. Combine all the sauce ingredients in a small bowl with 4 tbsp water. Set aside.

2 Heat the sesame oil in a large, deep, frying pan over a medium heat and fry the garlic for about 2 mins until just golden brown, being careful not to burn it. Stir in the green beans and a splash of water, cover and cook for 2-3 mins until almost tender. Add the asparagus tips and stir well, then the spinach. Cover and cook for 2-3 mins to wilt.

3 Add the prawns, basil and chilli and cook, stirring continuously, for 3-4 mins until the prawns are pink and opaque. Stir in the sauce and heat through for another minute or two. Serve immediately with the jasmine rice and mango salsa.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 416 kcals • fat 4g • saturates 1g • carbs 69g • sugars 15g • fibre 8g • protein 22g • salt 1.65g

Shoot director JORDAN EDMONDS-MOORE | Food stylist JESSICA MCINTOSH | Stylist JO HARRIS

Yogurt, chickpea & spinach curry

This light chickpea curry is made with yogurt to achieve its creamy consistency. I serve it with a half quinoa, half rice mixture for more fibre and protein, but you could instead serve it with brown rice, bulgur wheat, pearl barley or a side salad of chopped onions, tomatoes and cucumber. Buy chickpeas in water without added salt or sugar.

SERVES 4 **PREP** 15 mins
COOK 40 mins **EASY** **V**

1 tbsp rapeseed oil
1 red onion, finely chopped
1 tsp cumin seeds
2 large garlic cloves, grated
50g ginger, peeled and grated
1-2 green chillies (optional; deseeded for less heat, if you like), finely chopped
300g tomatoes, finely chopped
1 tsp ground turmeric
1 tsp ground coriander
100g natural yogurt
570g jar chickpeas in water, or 2 x 400g cans chickpeas
1 tsp dried fenugreek (optional)
320g baby spinach leaves

For the quinoa rice
100g basmati rice
100g quinoa

1 To make the quinoa rice, rinse the rice well, then put in a large pan with the quinoa and 1.5 litres boiling water. Cook for 12-14 mins, or until tender. Drain and set aside.

2 Meanwhile, heat the oil in a large saucepan over medium heat and fry the onions for 12 mins until soft and lightly browned. Stir in the cumin seeds, followed by the garlic, ginger and half the chilli, if using. Cook for 1 min, stirring continuously to prevent the garlic from burning.

3 Add the tomatoes, turmeric, coriander and a big pinch of salt. Cook for about 15 mins until the tomatoes have softened. Transfer the mixture to a blender. Add the yogurt and blitz until smooth, then return to the pan.

4 Add the chickpeas along with the liquid from the jar or cans (this helps thicken the sauce and give it a glossy finish). Bring to a simmer, cover and cook over a medium heat for 5-10 mins until the oil starts to separate on the surface.

5 Stir in the fenugreek (if using) and spinach and cook until wilted. Add a splash of water if needed to adjust the consistency. Season to taste, then serve.

GOOD TO KNOW healthy • low fat • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 437 kcals • fat 10g • saturates 2g • carbs 60g • sugars 8g • fibre 12g • protein 20g • salt 0.15g

eat well for...

Heart health

Dr Chintal Patel explains how making food and lifestyle changes can help keep your heart healthy

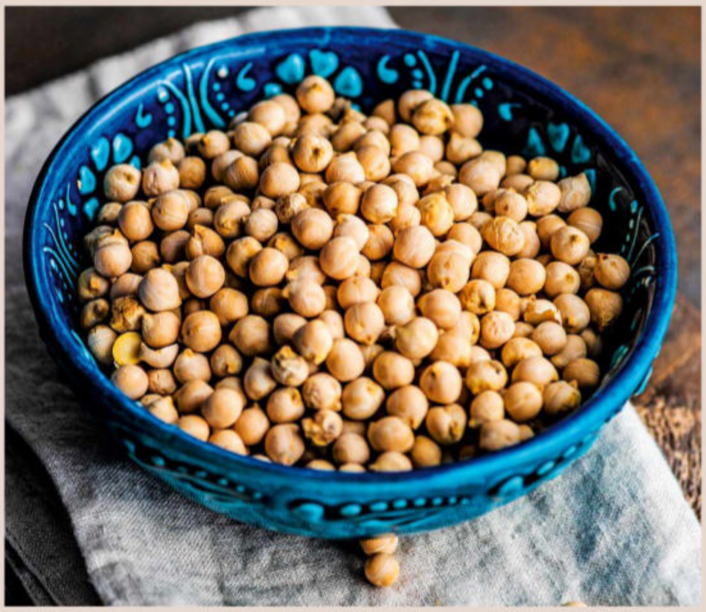
Chintal is a long-serving GP for the NHS as well as a food content creator, cookbook author and our regular contributor. She has a passion for nutrition and lifestyle medicine, and aims to help people approach cooking and eating in a way that supports overall wellbeing. *@drchintalskitchen*

Your heart and blood vessels, collectively known as the cardiovascular system, are responsible for pumping and transporting blood throughout the body, delivering oxygen and essential nutrients to organs and muscles to keep them functioning at their best. Taking care of your heart is, therefore, key to maintaining overall health and well-being.

Cardiovascular disease (CVD) remains the leading cause of death worldwide, but diet and lifestyle can play a powerful role in prevention. Research shows that risk factors such as high blood pressure, elevated cholesterol and inflammation can be effectively managed through nutrition. Adopting a heart-healthy diet supports cardiovascular function and improves your overall health. Even small, consistent changes in your daily routine can lead to significant long-term benefits for your heart. Below are some points to remember.

Foods to include in your diet

- **High-fibre foods:** Wholegrains (oats, quinoa, brown rice), legumes (lentils, chickpeas) and vegetables are all high in fibre, particularly soluble fibre, which is the type that helps to lower LDL ("bad" cholesterol). Fibre also slows digestion and stabilises blood sugar. Studies show that increasing fibre intake significantly reduces CVD risk and mortality.
- **Healthy fats**: Unsaturated fats, especially omega-3 fatty acids found in oily fish (salmon, mackerel, sardines), nuts (especially walnuts and almonds) and seeds (chia and flax seeds) help to reduce inflammation and lower triglyceride levels. Olive oil contains monounsaturated fats and polyphenols which also help to lower HDL cholesterol and improve blood vessel function.
- **Fruits and vegetables:** Leafy green vegetables (spinach and kale) are rich in nitrates which help to dilate blood vessels and improve circulation. Berries, tomatoes and citrus fruits contain flavonoids and polyphenols that help to reduce arterial stiffness and vessel function which reduces the risk of high blood pressure.
- **Plant-based protein:** Try eating more beans, lentils, tofu and nuts, linked to a reduced risk of CVD. In addition, soy-based products and legumes contain phytoestrogens which have been found to support vascular health.
- **Dark chocolate (85%+) and green tea**: Both contain flavonoids that help lower blood pressure. Green tea also contains antioxidants that help to lower LDL cholesterol and improve blood vessel function.



Photographs FCAFOTODIGITAL/E+/GETTY

Foods to limit

Processed meats and red meat

A high intake of processed and red meats is associated with increased CVD risk. Limiting these foods can contribute to better heart health. Try swapping out meat for plant-based sources of protein.

Refined carbs and sugars

Studies show that diets high in refined carbs and added sugars are linked to adverse CVD outcomes. Try swapping desserts for fresh fruit and yogurt.

Excess salt

High sodium intake is associated with increased blood pressure which is a risk factor for CVD. Try slowly reducing or halving the salt in recipes and avoid added salt at the dinner table.

What else can I do?

- **Regular exercise** Regular physical activity is associated with a significant reduction in CVD risk. Aim for at least 150 minutes of moderate intensity (brisk walking, cycling) or 75 minutes of vigorous intensity (eg. HIT workout) aerobic exercise per week.
- **Prioritise sleep** Research shows that poor sleep quality is linked to an increased risk of CVD and stroke. Aim for 7-9 hours per night and try to go to bed and wake up at the same time every day, even at weekends.
- **Manage stress** Chronic stress contributes to high blood pressure and other cardiovascular risk factors. Try to add stress management techniques to your daily routine like meditation and mindfulness. And laugh more – laughter is known to lower stress hormones.

Summer salad with pan-fried salmon

This is an easy midweek meal that is high in protein and fibre, and ideal for eating outdoors.

SERVES 4 **PREP** 10 mins
COOK 18 mins **EASY**

150g wholewheat giant couscous
320g baby spinach leaves
240g black beans, drained
160g cherry tomatoes, halved
80g roasted peppers in a jar, sliced
$^{1}/_{4}$ red onion, thinly sliced
$^{1}/_{2}$ avocado, cubed
30g Kalamata olives
olive oil, for frying
2 x 140g salmon fillets

For the dressing

1-2 cloves garlic, crushed
2 tbsp extra virgin olive oil
4 tbsp lemon juice
1 tsp Dijon mustard
handful of fresh coriander, finely chopped
1 red chilli, finely chopped

1 Cook the couscous in 500ml boiling water for 7-8 mins. In the last minute, add the spinach and stir until wilted. Drain thoroughly and transfer to a large salad bowl.
2 Tip in the black beans, tomatoes, peppers, onion, avocado and olives.
3 Stir in the cooked couscous and spinach, mixing well.
4 Heat a pan over medium heat, add a little oil and pan-fry the salmon fillets for 4 mins on each side until opaque and cooked through. Remove from the heat.
5 In the same pan, fry the garlic for about a minute until soft. Remove from the heat, then add the extra virgin olive oil, lemon juice, Dijon, coriander and chilli, stirring it all together to make the dressing.
6 Plate up the salad with the salmon on top, or flake into pieces and stir it through the salad. Drizzle over the dressing to serve.

GOOD TO KNOW healthy • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 474 kcals • fat 23g • saturates 4g • carbs 35g • sugars 4g • fibre 12g • protein 28g • salt 0.79g

9 plant points in one meal

High in fibre

3 of your 5-a-day

Olives/olive oil contain polyphenols and phytochemicals that help reduce inflammation, lower HDL cholesterol and improve blood vessel function

Avocados are packed with monounsaturated fats, which help lower LDL "bad" cholesterol and increase HDL "good" cholesterol

Black beans are rich in soluble fibre, help lower LDL ("bad") cholesterol and regulate blood sugar

Spinach helps dilate blood vessels and improve circulation

Tomatoes contain lycopene, a powerful antioxidant that helps lower blood pressure

Peppers contain vitamin C, carotenoids and polyphenols, which help reduce inflammation and improve blood sugar levels

Red onion contains quercetin, which has been shown to lower blood pressure and reduce arterial stiffness

Garlic contains allicin, which has been shown to lower blood pressure and reduce arterial stiffness

Salmon contains omega-3 which can reduce inflammation and triglycerides (blood fats)

Wholewheat giant couscous is a good source of dietary fibre, helping regulate cholesterol and blood sugar levels

Photograph JONATHAN GREGSON | Shoot director FREDDIE STEWART | Food stylist JESSICA MCINTOSH | Stylist MAX ROBINSON

good FOOD READER OFFER

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Includes free citrus feed

Orange & lemon tree collection with feed

Grow your own delicious citrus fruit right here in the UK with this easy-grow tree collection. You can expect full-size fruits in the first season. They're deliciously juicy and being packed with vitamin C, they're good for you, too. The sweetly perfumed white flowers contrast beautifully against the deep green citrus-fragranced foliage.

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Great coffee
is in the family
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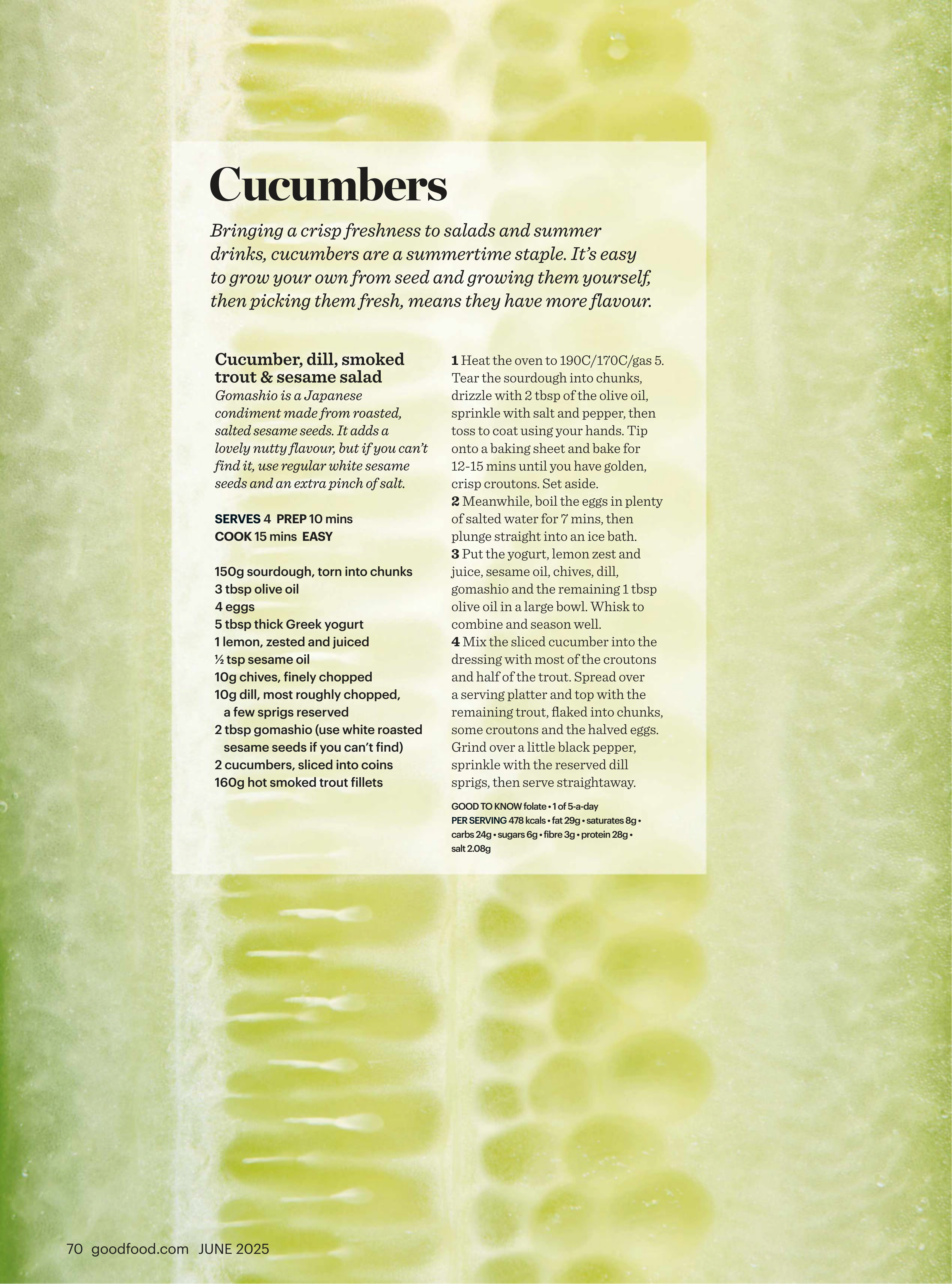
OF HARROGATE
Lazy Sunday
GROUND
3
Rich Italian
BEANS
4
Decaffé
GROUND
4
200g
TAYLORS
OF HARROGATE

At its best

Make the most of new season's cucumbers, courgettes and raspberries with recipes from our food content producer **Helena Busiakiewicz**

photographs JONATHAN GREGSON

PLANET FRIENDLIER



Cucumbers

Bringing a crisp freshness to salads and summer drinks, cucumbers are a summertime staple. It's easy to grow your own from seed and growing them yourself, then picking them fresh, means they have more flavour.

Cucumber, dill, smoked trout & sesame salad

Gomashio is a Japanese condiment made from roasted, salted sesame seeds. It adds a lovely nutty flavour, but if you can't find it, use regular white sesame seeds and an extra pinch of salt.

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY**

- 150g sourdough, torn into chunks
- 3 tbsp olive oil
- 4 eggs
- 5 tbsp thick Greek yogurt
- 1 lemon, zested and juiced
- ½ tsp sesame oil
- 10g chives, finely chopped
- 10g dill, most roughly chopped, a few sprigs reserved
- 2 tbsp gomashio (use white roasted sesame seeds if you can't find)
- 2 cucumbers, sliced into coins
- 160g hot smoked trout fillets

1 Heat the oven to 190C/170C/gas 5. Tear the sourdough into chunks, drizzle with 2 tbsp of the olive oil, sprinkle with salt and pepper, then toss to coat using your hands. Tip onto a baking sheet and bake for 12-15 mins until you have golden, crisp croutons. Set aside.

2 Meanwhile, boil the eggs in plenty of salted water for 7 mins, then plunge straight into an ice bath.

3 Put the yogurt, lemon zest and juice, sesame oil, chives, dill, gomashio and the remaining 1 tbsp olive oil in a large bowl. Whisk to combine and season well.

4 Mix the sliced cucumber into the dressing with most of the croutons and half of the trout. Spread over a serving platter and top with the remaining trout, flaked into chunks, some croutons and the halved eggs. Grind over a little black pepper, sprinkle with the reserved dill sprigs, then serve straightaway.

GOOD TO KNOW folate • 1 of 5-a-day
PER SERVING 478 kcals • fat 29g • saturates 8g • carbs 24g • sugars 6g • fibre 3g • protein 28g • salt 2.08g

Courgettes

As anyone who's grown courgettes will know, these are highly productive plants, bearing masses of delicious, nutty crops that you can fry, bake or grill.

Slow cooked courgette pasta

Transform a glut of courgettes into a silky pasta sauce and top with zesty breadcrumbs.

SERVES 2-3 **PREP** 10 mins
COOK 55 mins **EASY V**

95ml olive oil
3-4 courgettes, finely sliced using a mandoline if you have one
3 garlic cloves, finely sliced
½ tsp chilli flakes
35g panko breadcrumbs
1 lemon, juiced and zested
300g spaghetti
40g parmesan or vegetarian-style hard cheese, finely grated

1 Put a large, deep frying pan on a medium heat. Pour in all but 1 tbsp of the olive oil. Once hot, lower in the courgettes. Cook over a medium heat for 15 mins, stirring often, until they start to catch and turn a little golden and lightly charred.
2 Turn the heat down to low and cook for another 30 mins, stirring frequently, until they're nearly completely disintegrated. Sprinkle in a good pinch of salt, the garlic and chilli flakes. Turn the heat back up to high, and cook for a final 5-10 mins until lightly caramelised.
3 While the courgettes are cooking, heat the remaining 1 tbsp of oil in a small frying pan. Sprinkle in the panko breadcrumbs and some salt and pepper. Cook over a medium heat for 4-5 mins, stirring, until golden and crisp. Transfer to a small bowl and stir through the lemon zest. Put the spaghetti on to cook according to pack instructions.
4 When the pasta is al dente and the courgettes are cooked, transfer the pasta straight into the courgette pan using tongs, along with plenty of pasta water, and most of the parmesan. Mix very thoroughly, adding more pasta water as needed to create a glossy sauce. Finish with the lemon juice.
5 Sprinkle over the lemony breadcrumbs, the remaining parmesan and a few twists of black pepper to serve.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING (3) 762 kcals • fat 35g • saturates 7g • carbs 86g • sugars 6g • fibre 7g • protein 21g • salt 0.42g

Courgette flowers
Find out how to make the most of the edible flowers on page 76.

Shoot director FREDDIE STEWART | Food stylist JESSICA RANSOM Stylist MAX ROBINSON

Raspberries

Growing raspberries is a great investment as the plants often fruit for a decade or more. They're best eaten the day their picked, for maximum sweetness.

Raspberry & mango yogurt parfait

If you need a quick, prep-ahead dessert, this recipe is ideal. If you have any crumble mix leftover, you can eat it for breakfast the next day.

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY** V

- 250g raspberries
- 4 tbsp golden caster sugar
- 1 lime, zested and juiced
- 500g thick Greek yogurt
- 130g can alphonso mango pulp

For the oaty crumble

- 60g porridge oats
- 100g mixed nuts, roughly chopped
- 50g mixed seeds
- 1 tsp fennel seeds
- 2 tbsp maple syrup
- 2 tbsp vegetable oil

1 Start by making the oaty crumble. Heat the oven to 190C/170C/gas 5. In a small bowl, mix the oats, nuts, seeds and fennel seeds. Add a pinch of salt, then drizzle over the maple syrup and vegetable oil. Mix well, then spread out on a lined baking sheet. Bake for 12-15 mins until golden, leave to cool on the sheet, then break it up into chunky clusters. *Will keep for two weeks in an airtight container.*

2 Put the raspberries in a medium bowl and sprinkle over 2 tbsp of the caster sugar, half the lime juice and all the zest. Gently mash a few with a fork and leave to macerate while you prepare the rest of the dessert.

3 Put the yogurt in a large bowl with the remaining 2 tbsp caster sugar, remaining lime juice and half the mango pulp. Whisk to combine.

4 Spoon the mango yogurt, raspberries, oaty crumble and mango pulp into dessert bowls, jam jars or glasses to create layers (they don't have to be too precise). Finish with a layer of raspberries and a sprinkling of oats. *Will keep chilled for up to a day.*

GOOD TO KNOW calcium • folate • fibre • vit c • 1 of 5-a-day

PER SERVING 658 kcals • fat 41g • saturates 12g • carbs 53g • sugars 39g • fibre 6g • protein 18g • salt 0.23g

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Discover it *now*: courgette flowers

Each month **Barney Desmazery** unearths an ingredient at its seasonal peak

When yellow blossoms appear on courgette plants, it signals the arrival of summer. There are male and female flowers, but it's the male flowers, which sit on longer stalks, that are most often sold at farmers' markets, greengrocers and supermarkets. It's usually the male flowers that are cooked and served in Italy, too, in salads, or lightly battered and fried.*

In the UK, flowers appear from late May through to September, peaking in June and July. If you spot them, grab and cook them as soon as you can, as freshness is key. If you grow courgettes, you can harvest your own throughout the summer. Once the plants are established, pick male flowers early in the morning while they're open – they close as the day goes on. Just make sure to leave a few male blooms on the plant to pollinate the female ones, so courgettes will keep growing, too.

Once picked, the flowers close quickly and can wilt within hours. Pop them into a sealed food bag and keep them in the fridge, where they'll keep for up to three days – though they're at their best when cooked on the day they're picked. Courgette flowers can be eaten raw. Their delicate nature means they require very little cooking – the petals can be tossed through pasta or risotto at the end to add colour. But they can be stuffed with ricotta or mozzarella (see recipe, right), then fried for the ultimate summer starter.

Quick idea

Courgette flower salad

- Shave **small green** and **yellow courgettes** into thin ribbons using a vegetable peeler and toss with a pinch of **sea salt flakes** and **squeeze of lemon juice**. Add a handful of freshly torn **courgette flowers** and a few torn **basil** and **mint leaves**. Drizzle over **extra virgin olive oil**, season with **black pepper** and finish with shaved **parmesan**.

PHOTOGRAPHS: CHARLOTTE LAKE/500PX/GETTY

Stuffed courgette flowers with olive dressing

If you can't find courgette flowers, you could also fry courgette slices or baby courgettes instead, then serve the mozzarella and dressing on the side.

SERVES 4-6 **PREP** 15 mins
COOK 20 mins **EASY** **V**

- small handful of green olives, pitted and chopped
- 2 ripe tomatoes, deseeded and diced
- 1 tbsp white wine vinegar
- 3 tbsp extra virgin olive oil
- small bunch of basil, thinly sliced
- 100g plain flour
- 100g cornflour
- 200ml cold sparkling water
- 2 x 150g balls mozzarella
- 12 courgette flowers
- sunflower oil, for deep-frying

1 For the dressing, combine the olives, tomatoes and vinegar with seasoning, and enough of the oil to bind. Set aside, then add the basil just before serving.

2 Sift the flours with a pinch of salt into a large bowl and make a well in the centre. Pour in the sparkling water and stir to combine. Do not overbeat – it should be just combined and can have a few lumps.

3 Drain and pat the mozzarella balls dry, tear into small pieces, then season. To stuff the flowers, open the petals, put in some mozzarella, then gently twist the petals to re-seal them.

4 Heat the sunflower oil in a large pan until a cube of bread dropped in browns in 20 seconds. Drop the flowers into the batter, then remove, shaking off any excess. Fry in batches of two or three until lightly golden. Drain on kitchen paper and season with salt. Keep warm in a low oven as you cook the rest. Pile onto a platter and drizzle with the dressing.

PER SERVING (4) 555 kcals • protein 17g • carbs 44g • fat 36g • saturates 12g • fibre 2g • sugars 2g • salt 1.16g

Homegrown

Eat seasonally when produce is at its peak, both in flavour and affordability, and preserve some to enjoy all year round

COURGETTE JAM

PRESERVE *the* SEASON

Courgette

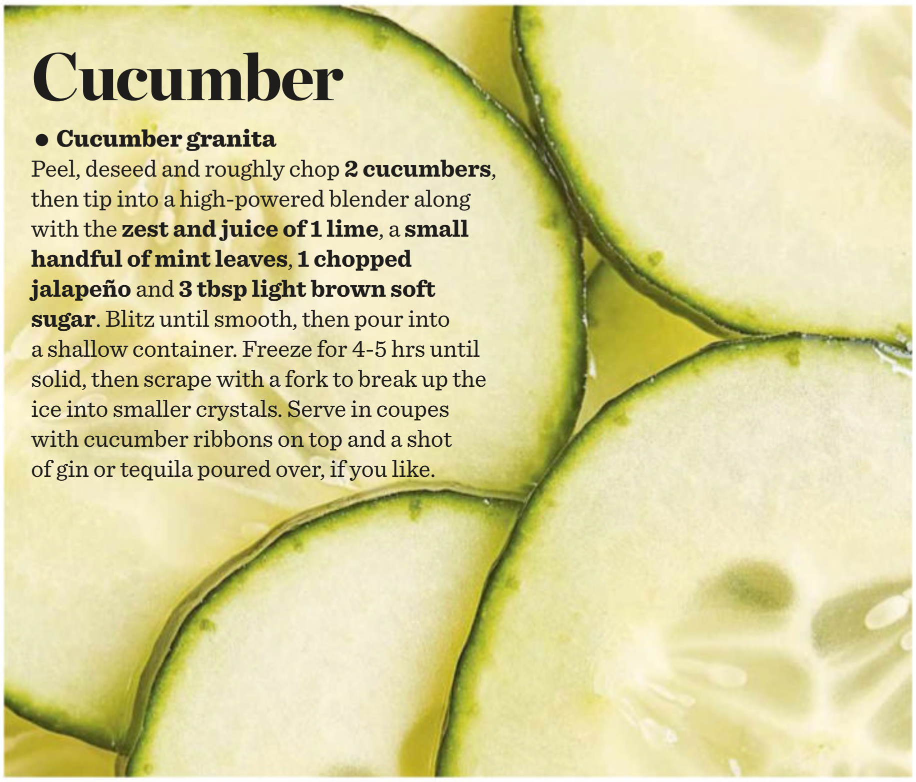
● Courgette jam

Put **1kg grated courgettes**, **750g jam sugar**, the **juice of 1 lemon** and **2 tbsp grated ginger** in a large pan and cook over a medium heat, stirring until the sugar has dissolved, about 10 mins. Continue to cook, stirring often, for another 10-15 mins, or until the jam reaches 105C on a thermometer. Leave to cool slightly before decanting into sterilised jars (find out how at *goodfood.com*). *Will keep chilled for up to three months.*

Raspberries

● Raspberry & lemongrass cordial

Put **500g raspberries, 1 lemongrass stalk**, tied in a knot, and the **zest and juice of 1 lemon** in a large pan and cook over a low heat for 10 mins, mashing until smooth. Push through a sieve into a clean pan. Tip the solids from the sieve into a bowl, add 300ml water, then sieve again to separate the pulp from the seeds. Discard the seeds, then tip the pulp into the pan with the liquid. Stir and boil for 1 min. Pour into sterilised bottles and seal. *Will keep unopened at room temperature for a few months. Once opened, keep chilled.*



Cucumber

● Cucumber granita

Peel, deseed and roughly chop **2 cucumbers**, then tip into a high-powered blender along with the **zest and juice of 1 lime**, a **small handful of mint leaves**, **1 chopped jalapeño** and **3 tbsp light brown soft sugar**. Blitz until smooth, then pour into a shallow container. Freeze for 4-5 hrs until solid, then scrape with a fork to break up the ice into smaller crystals. Serve in coupes with cucumber ribbons on top and a shot of gin or tequila poured over, if you like.

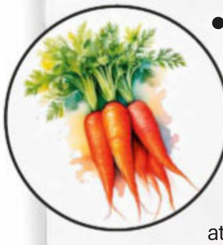
WHAT TO GROW NOW

*Are you a green-fingered cook? **Emma Crawforth** of* BBC Gardeners' World *offers advice on what to plant in June.*

Florence fennel

● This is the type of fennel that grows a white 'bulb' at the base, rather than the herb. In order to produce a large bulb, the plants need warmth and plenty of watering. Sow direct into moist but free-draining, fertile soil in a drill around 1.5cm deep. Gradually thin the seedlings to 30cm apart and, once the bulbs start to swell, draw up soil around them for flavour, protection and to stabilise the plants.

Carrots



● Carrots can be sown from late winter to midsummer, but June is a good sowing month, as it helps avoid attacks by the pernicious carrot root fly. Plant in a spot with full sun and free-draining soil, and look for seed of a mid-season variety. Sow into a drill about 1cm deep and avoid clumping the seed together. Carrots sown now should be ready to harvest in early autumn.

Peas

● In June, there's just time to sow a row of peas for harvesting in early autumn. Homegrown peas taste great and have a sweet flavour. Sow more than you need, but give the plants a generous final spacing to avoid mildew attacks. Sow around 5cm deep and provide growing supports appropriate for the variety's height. Mulching around the seedlings will help the soil retain moisture.

Summer stars

seasonal calendar

Pick up some great-quality produce fresh from Morrisons Market Street and use it to make these summery classics

Rump steak sandwich

SERVES 2 generously **PREP** 25 mins
COOK 35 mins **EASY**

- **255g Morrisons Market Street British rump steak**
- 1½ tbsp steak seasoning
- 1 sweet potato (around 200g) scrubbed clean and thinly sliced
- 1 small red onion, thinly sliced
- 2 tbsp olive oil, plus extra for the bread and steak
- 2 Morrisons Market Street ciabattas
- 30g watercress

For the mayo

- 1 tbsp Dijon mustard
- 2½ tbsp mayonnaise
- 1 tsp horseradish sauce

For the cucumber

- ½ cucumber, thinly sliced
- 1 tsp flaky sea salt
- 1 tsp yellow mustard seeds
- 1 tbsp white wine vinegar
- 1 tbsp caster sugar
- small handful of dill, finely chopped

1 First make the pickled cucumbers. Tip the cucumber into a bowl and sprinkle over the salt. Toss well and set aside for 15 mins. Drain the cucumber, gently squeezing any excess water out with your hands, and transfer to a bowl. Heat a small frying pan over a medium-high heat and add the mustard seeds. Toast for 1-2 mins until fragrant and popping, then transfer to the cucumber bowl. Pour over the vinegar, sugar and dill and toss well. Season to taste and set aside. *Will keep chilled for up to two days.*

2 Heat the oven to 220C/200C fan/gas 7. Season the steak with ½ tbsp of the steak seasoning, season well with salt and pepper, and set aside. Toss the sweet potato and onions with the remaining steak seasoning and the 2 tbsp oil on a baking tray. Arrange in an even layer and season lightly. Roast for 20-25 mins until tender and crispy around the edges.

3 Meanwhile, mix all the mayo ingredients together and season to taste. Heat a griddle pan over a high heat. Rub a little extra oil over the steak and add to the hot griddle pan. Cook for 1-3 mins on each side, depending on how you like it done – 1-2 mins for medium-rare and 3-4 mins for cooked through. Transfer to a plate and leave to rest.

4 Split the ciabattas in half and brush the cut sides with oil. Add the ciabattas, cut-side down, to the griddle pan and cook for 1-2 mins until toasted and absorbed the juices from the pan. Set aside.

5 When ready to serve, thinly slice the steak against the grain. Soak the bottom of the bread in the resting juices, then spread over the mustard mayo. Top with the sweet potato, onions and steak slices, then top with a handful of watercress and some of the pickled cucumbers. Serve with lots of napkins.

GOOD TO KNOW fibre • vit c • iron • 2 of 5-a-day
PER SERVING 818 kcals • fat 40g • saturates 8g • carbs 71g • sugars 17g • fibre 8g • protein 38g • salt 4.42g

WHY KEEP IT SEASONAL?

Seasonal produce tastes better, and is cheaper, with a lower carbon footprint, so we've partnered with Morrisons, who are sourcing more fresh food direct from British farms than any other supermarket, to bring you new recipes that make the most of what's in season. You can also find them at *goodfood.com/morrisons-market-street*. In each ingredients list, we have highlighted the hero ingredient to look out for in-store. See our seasonal calendar on *goodfood.com* to find out what's in season when.

tip
You could slow-cook this on the barbecue, if you like.

Smoked paprika & fennel dry rub pork shoulder with roasted tomatoes

SERVES 4-6 **PREP** 25 mins plus overnight marinating and resting **COOK** 3 hrs
EASY

- 1.65kg Morrisons Market Street British large boneless pork shoulder joint, skin scored
- 1 tbsp vegetable oil
- 8 garlic cloves, skin on and bashed
- 10g oregano
- 2 red onions, thickly sliced
- 200ml white wine
- 2 tbsp tomato purée
- 250ml chicken stock
- Morrisons The Best pomodorini tomatoes
- small handful of parsley, finely chopped
- 100g natural yogurt
- 2 tsp sherry vinegar

For the dry rub

- 2 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp fennel seeds
- 1 tsp ground cinnamon
- 1 tsp garlic granules

To serve

- crispy smashed potatoes and a lemony green salad

1 To make the dry rub, mix together all the spices with 2 tsp salt and several grinds of black pepper. Arrange the pork in a roasting tin and coat all over with the rub. Leave, uncovered, in the fridge for at least 6 hrs or preferably overnight.

2 Remove the pork from the fridge 1 hr before you want to cook. Heat the oven to 240C/220C fan/gas 9. Make sure the pork is skin-side up and drizzle over the oil, rubbing it into the skin well. Roast for 25-30 mins, or until the skin starts to blister and bubble.

3 Remove the pork from the tin to a plate, and tip in the bashed garlic, oregano, onions, wine, purée, stock and tomatoes. Stir well, then return the pork, skin-side up, to the tin. Reduce the oven temperature to 180C/160C fan/gas 4. Roast for another 1 hr 30 mins-2 hrs, or until the meat under the skin is very tender when pressed.

4 Remove the pork from the tin and transfer to a baking tray. Turn the oven back up to 220C/200C fan/gas 7 and continue to roast the pork for 20-25 mins until the skin is very crisp, puffed and golden – it should feel brittle when tapped with a knife. If needed, cook for 5-10 mins more to achieve this. Remove the pork from the oven and rest for 20 mins in the tin, loosely covering with foil.

5 Remove the garlic from the roasting tin and squeeze the flesh out from the skins into a bowl. Mix in the parsley and yogurt, and season well to taste. Set the roasting tin over a medium heat on the hob, or transfer to a saucepan. Bring to a bubble and simmer for 1-2 mins to reduce and thicken, using the back of a wooden spoon to break up the tomatoes. Add the vinegar and season to taste.

6 To serve, remove the crackling in large pieces, then break into smaller chunks. Shred the meat and serve alongside the roasting tin juices and the garlic yogurt.

GOOD TO KNOW 2 of 5-a-day
PER SERVING (6) 578 kcals • fat 33g • saturates 11g • carbs 10g • sugars 8g • fibre 4g • protein 53g • salt 2.28g

Did you know?

British tomatoes at Morrisons are grown locally which means the tomatoes stay on the plant for longer and develop the best flavour before being handpicked, which is key for flavour and freshness.

More reasons to shop at
Morrisons

good FOOD HOLIDAYS

Enjoy a gourmet stay in Yorkshire

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Enjoy fine meals at the award-winning Dining Room where the emphasis is firmly on fresh, seasonal food sourced locally, that makes the most of the natural larder provided by the traditional kitchen garden.

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FOR MORE DETAILS OR TO BOOK

Call **01423 867 321** and quote 'Good Food' or visit *goldsboroughhall.com*, click 'Book Now' and enter promo code 'GOODFOOD'

FOR MORE INFORMATION visit *goldsboroughhall.com* or email *stay@goldsboroughhall.com*

GH Goldsborough Hall

TERMS & CONDITIONS *Price based on two people sharing a luxury double/twin bedroom, valid Wednesday-Sunday until November 30, 2025, excluding bank holidays and subject to availability of allocated rooms. There is a £30 per person per night supplement for Fridays and Saturdays, and supplements apply for higher category rooms and suites.

BBQ SPECIAL

weekend

Ensure a sizzling summer with a Father's Day barbecue menu from chef **Marcus Bean**, or try fiery West African grills courtesy of the **Flygerians**. Plus, expert tips for cooking on coals and a crowd-pleasing rosé sangria

GRILL
THRILL
CHILL

Be inspired and discover more at *goodfood.com/feature/weekend*

Turn over for 14 pages of game-changing barbecue ideas

Be the boss of your BBQ

Grill

YOUR BARBECUE KNOW-HOW

1

Control the heat

Barbecues don't have to be all-or-nothing heat. Arrange your coals smartly, and you can control the temperature like a pro. A single layer gives you classic all-over heat – ideal for burgers and skewers. Pile them up on one side for the slope, which gives you searing heat at one end and gentler cooking at the other – perfect for multitasking. Or, go for half-and-half: hot on one side, cool on the other, for low-and-slow cooking or keeping things warm without overdoing it.

2

Try wood chips

Got a kettle barbecue? You've basically got an oven with bonus smokiness. Add the lid, tweak the vents to control airflow and you can roast joints or whole birds outdoors. Throw in some soaked wood chips (oak or whisky barrel wood gives amazing depth) and you've got yourself a smoker – ideal for ribs, brisket or even veg.

3

Make room for veggies

If you're catering for a crowd of veggies and meat-eaters, it's worth planning ahead to keep everyone happy. Set up your barbecue with a clear divide; before lighting the coals, lay down a coil of foil to mark out two separate zones. This helps avoid any accidental mingling and gives veggie skewers, halloumi or aubergine slices their own space to shine.

Just as important – use two sets of tongs in order to avoid cross-contamination.

Thrill

IMPRESS WITHOUT STRESS

4

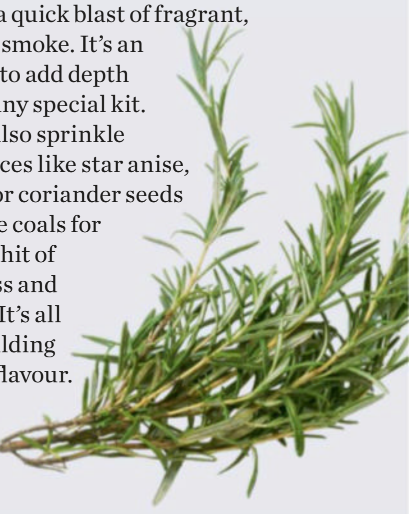
Add flavour with flames

Gas barbecues are quick and convenient, but if you want proper depth of flavour, you'll never beat cooking over charcoal or wood. As your protein cooks, the fat and juices drip, creating a flavoured smoke that rises up and infuses the food – a process that just doesn't happen with gas. To take it up a notch, experiment with different types of wood chips, because different woods bring different vibes. Apple and cherry provide gentle, sweet smokiness that's great with pork, chicken or veg, while hickory or mesquite are bolder, so great with beef or lamb. Remember to soak the chips first to stop them burning too fast. It's also worth thinking about

6

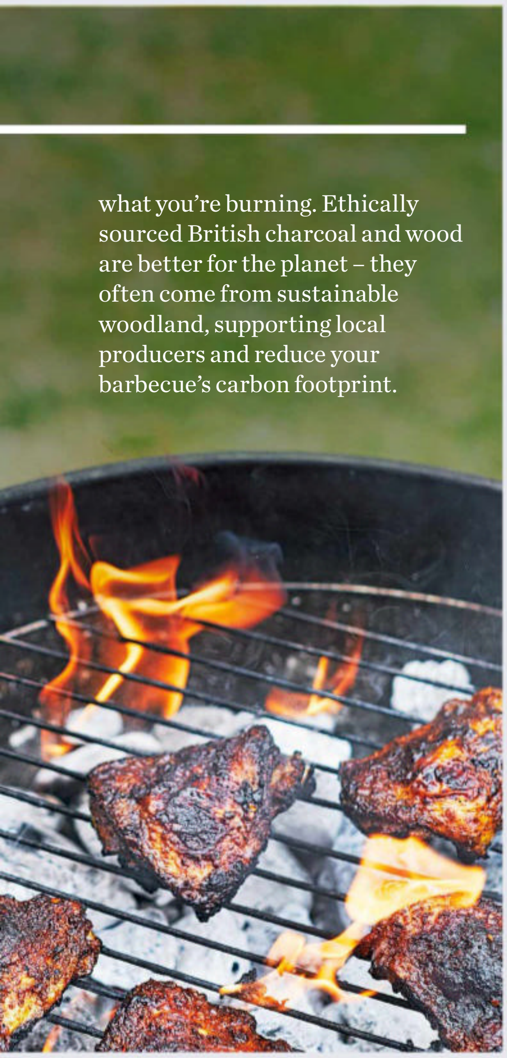
Use leftover herbs

Don't chuck out woody herb offcuts – they're barbecue gold. If you're trimming robust herbs like bay, rosemary, thyme or sage, save the clippings and toss them onto the coals for a quick blast of fragrant, aromatic smoke. It's an easy way to add depth without any special kit. You can also sprinkle whole spices like star anise, cumin or coriander seeds onto the coals for a subtle hit of smokiness and warmth. It's all about building layers of flavour.



Learn to barbecue like a pro with 10 top tips from our skills editor **Barney Desmazery**

GRILL THRILL CHILL

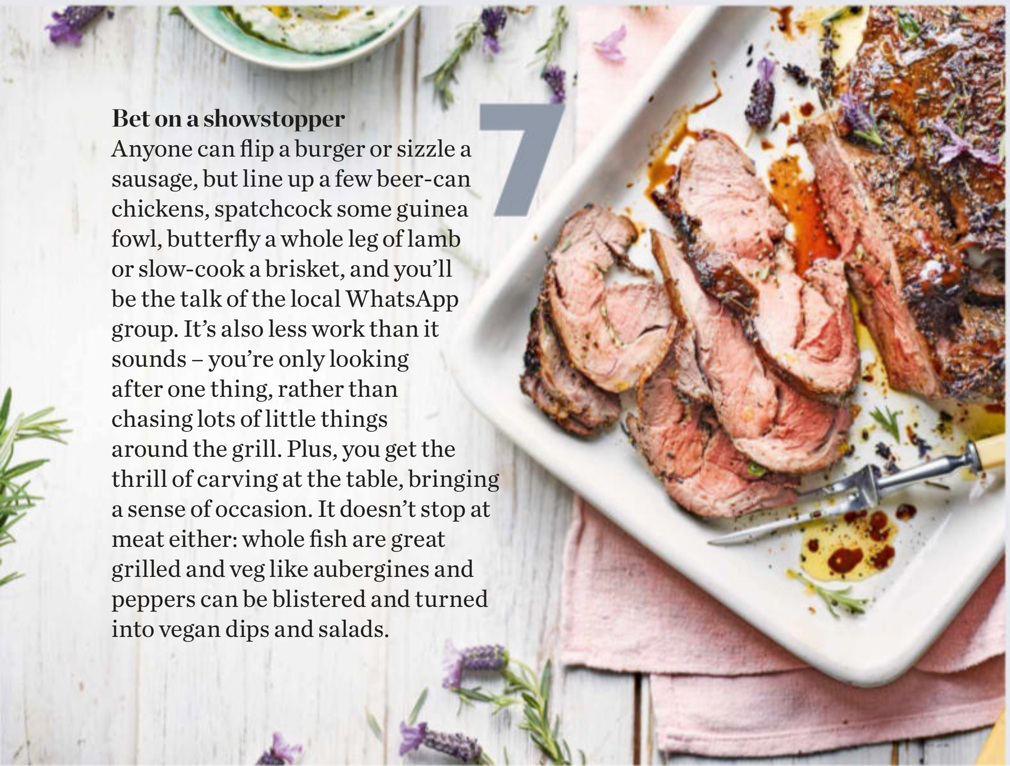


what you're burning. Ethically sourced British charcoal and wood are better for the planet – they often come from sustainable woodland, supporting local producers and reduce your barbecue's carbon footprint.

5

Mix up a marinade

A good marinade goes a long way. It's not just about adding flavour – it also tenderises meat, locks in moisture and helps create a golden, caramelised crust. The perfect marinade has a balance of acid (like citrus or vinegar) to break down tough fibres, fat (like oil) to add richness, plus seasonings – think garlic, chilli, herbs or spices. If you're cooking over direct heat, though, avoid adding too much sugar as it can cause burning before the food is cooked through. For meat, marinate overnight if you can; for fish, a couple of hours is ideal. It's low-effort, big reward, and one less job on the day.



7

Bet on a showstopper

Anyone can flip a burger or sizzle a sausage, but line up a few beer-can chickens, spatchcock some guinea fowl, butterfly a whole leg of lamb or slow-cook a brisket, and you'll be the talk of the local WhatsApp group. It's also less work than it sounds – you're only looking after one thing, rather than chasing lots of little things around the grill. Plus, you get the thrill of carving at the table, bringing a sense of occasion. It doesn't stop at meat either: whole fish are great grilled and veg like aubergines and peppers can be blistered and turned into vegan dips and salads.

Photographs ALEKSANDR ZUBKOV, ENRIQUE DÍAZ/7CERO/MOMENT, IMAGEBROKER/ARNULF HETTRICH, ISABELLE ROZENBAUM/PHOTOALTO/GETTY

Chill

BARBECUE SMARTER

8

Prep ahead, relax later

No one wants to be chopping onions or marinating meat while everyone else is sipping cocktails. Get ahead: prep your salads and sides the night before (just don't dress them until serving to keep them crisp), pre-chop your veg and get the meat in a marinade overnight. It'll taste better, you'll be less flustered – and yes, you'll feel smug.

9

Share the load

A barbecue party isn't a one-person show – unless you want to spend the whole time juggling tongs and trays. Rope in friends and family: someone on drinks, someone on music, someone on burger assembly. Even the kids can help set the table or pass around snacks. Delegating means less stress, more fun. Don't be afraid to ask another keen cook to bring a dish – we've got loads of ideas for transportable salads and desserts, and our app makes sharing recipes with friends easy.

10

Plan for rain and shine

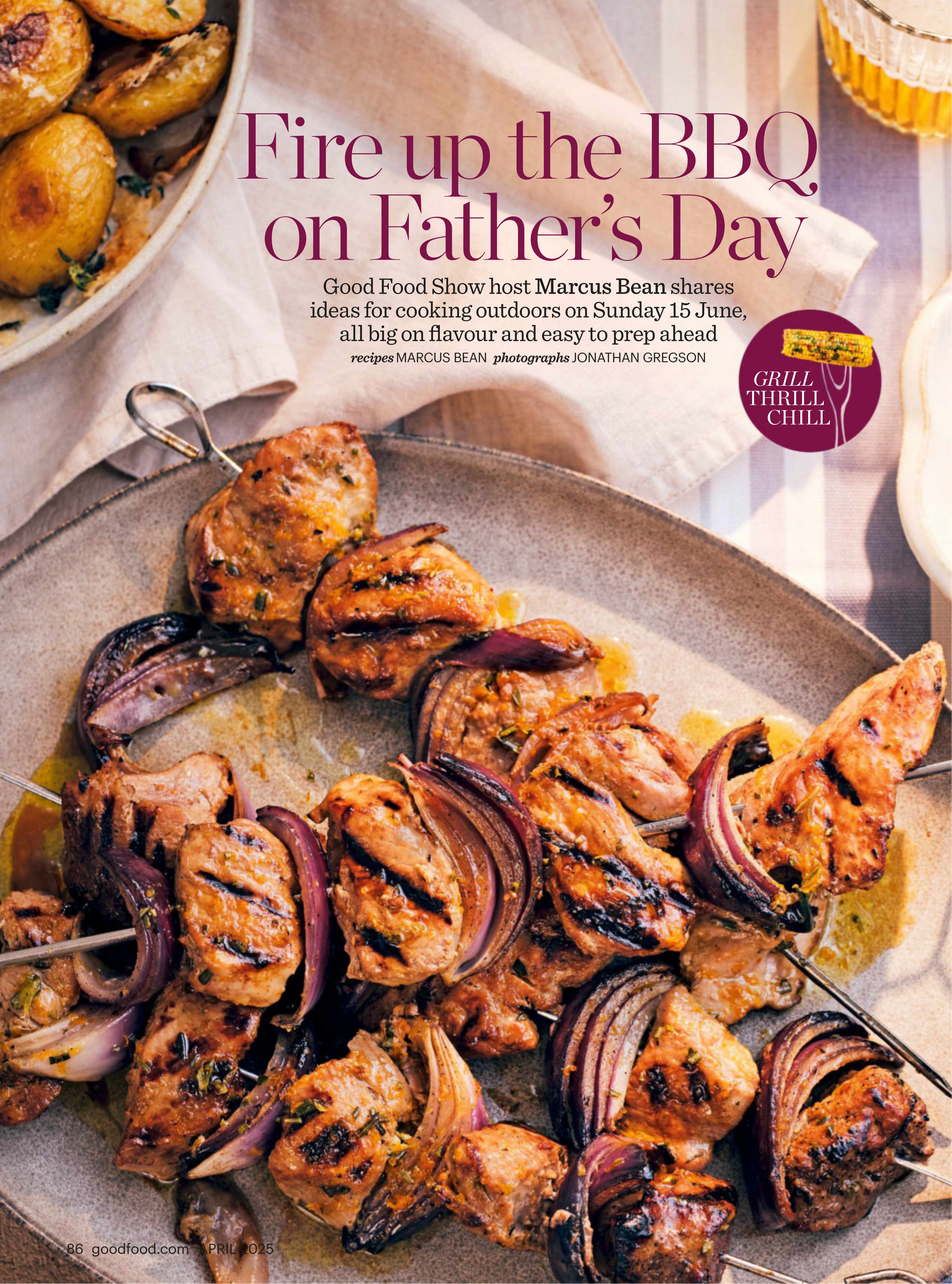
British weather is unpredictable at best, so have a wet weather plan. Most barbecue recipes can also be griddled or roasted inside. A quick shuffle indoors or under cover means no one's running for the hills at the first sign of drizzle. Keep it flexible and chilled, and guests will remember the great food – not the grey skies.

Fire up the BBQ on Father's Day

Good Food Show host **Marcus Bean** shares ideas for cooking outdoors on Sunday 15 June, all big on flavour and easy to prep ahead

recipes MARCUS BEAN *photographs* JONATHAN GREGSON

GRILL
THRILL
CHILL



BBQ pork tenderloin kebabs with orange, rosemary & garlic dressing

Pork fillet is a cheap, lean cut that's easy to turn into kebabs.

SERVES 6 **PREP** 20 mins plus at least 2 hrs 30 mins marinating and resting **COOK** 25 mins **EASY**

- 1.2kg pork fillet
- 3 medium red onions, peeled and each onion cut into eight wedges

For the marinade

- 1 large orange, zested and juiced
- 4 rosemary sprigs, finely chopped
- 1 large garlic clove, finely grated
- 1 tbsp soy sauce
- 2 tbsp honey
- 1 tsp white wine vinegar
- 1 tbsp olive or rapeseed oil
- 50g butter, melted

1 Remove any silver skin or excess fat on the pork by cutting away with the tip of a knife. Cut the prepared pork into 4cm pieces, then thread the pork and red onion wedges onto metal skewers, alternating meat and onion until each skewer has about 6-7 pieces of pork and similar wedges of red onion.

2 Make the marinade by putting all the ingredients in a bowl and whisking together to combine. Place the skewers in a reusable container or dish, pour over two thirds of the marinade and leave covered in the fridge for at least 2 hrs. *Will keep chilled overnight.* Chill the remaining marinade too.

3 Remove the skewers from the fridge and leave at room temperature for at least 30 mins before cooking. Heat the barbecue and once hot, add the skewers to the grill and leave to cook for 8-10 mins until lightly charred, then turn over and cook the other side. Brush the skewers with the reserved marinade while cooking to get a nice glaze. Use a digital meat thermometer to check the pork is cooked – the internal temperature should reach 60C – then take the skewers off the barbecue and rest for a few minutes before serving.

PER SERVING 366 kcals • fat 14g • saturates 7g • carbs 12g • sugars 11g • fibre 2g • protein 47g • salt 0.73g

Marcus Bean is a chef, cookbook author and presenter who runs the Brompton Cookery School in Shopshire with his wife Jenny. See Marcus cooking live in the Big Kitchen at the Good Food Show Summer this June. He'll be joined by the likes of Si King, Nadiya Hussain and James Martin for mouth-watering inspiration and foodie entertainment. Turn to page 120 to learn more about the show and for an exclusive reader ticket offer.

BBQ peach panzanella

The great thing about a good panzanella is that all the lovely juices absorb into the bread and the flavour is fantastic – perfect for barbecues.

SERVES 6 **PREP** 10 mins
COOK 25 mins **EASY** **V**

- 200g chunky sliced sourdough bread
- 2 tbsp olive oil
- 1 garlic clove, peeled
- 4 peaches or nectarines
- 400g medium vine tomatoes (use a mix of colours if you can), cut into eighths
- 1 red onion, finely sliced
- 15-20 fresh basil leaves, torn
- 300g mozzarella balls, drained

For the dressing

- 50ml olive oil
- 1 tbsp white wine vinegar
- 1 tsp honey
- 1 tsp Dijon mustard

1 Make the dressing by putting the ingredients in a bowl and whisking together until combined. Season to taste. *Will keep chilled in an airtight container for up to two weeks.*

2 To make the salad start by getting the barbecue hot. Brush the sourdough slices with the olive oil, rub with the garlic clove and season. Put the slices on the barbecue and toast on both sides until lightly charred, then set aside.

3 Destone the peaches by cutting them in half then removing the stone. Add the peach halves, cut side down, to the barbecue and grill on both sides until coloured and lightly cooked, then set aside.

4 To assemble the panzanella, put the tomatoes and red onion in a large bowl. Season, then set aside for 5 mins. Slice the charred sourdough into cubes and the grilled peach halves into 3-4 wedges. Add the sourdough and peaches to the bowl with the tomatoes. Scatter over most of the torn basil leaves and half of the dressing and gently toss together. Tear the mozzarella balls and stir into the salad. Once everything is mixed, pile onto a large serving platter and scatter with the remaining basil leaves.

GOOD TO KNOW folate • vit c • 2 of 5-a-day
PER SERVING 373 kcals • fat 23g • saturates 9g • carbs 27g • sugars 11g • fibre 3g • protein 14g • salt 1.92g

Barbecued parmesan new potatoes with garlic & thyme

Serve as a side or enjoy on their own with garlic mayonnaise.

SERVES 6 **PREP** 15 mins
COOK 50 mins-1 hr **EASY** **V**

- 1.2kg new potatoes
- 4 tbsp rapeseed or olive oil
- 4 garlic cloves, roughly chopped
- 2 fresh thyme sprigs, leaves picked
- 100g block of parmesan (or vegetarian alternative), grated

1 Put the new potatoes in a pan of cold water. Bring to the boil and cook for around 12-15 mins. Remove the pan from the heat and run the potatoes under cold water to stop them cooking. Once the potatoes are cold, slice them in half.

2 Scatter the potato slices on a barbecue-safe baking tray then drizzle with the oil and toss together until coated. Add the garlic and thyme leaves and some seasoning.

3 Heat the barbecue to around 180-200C. Place the tray on the barbecue with the lid closed for around 20 mins until the potatoes start to get some colour. Remove the tray, sprinkle the grated parmesan over the potatoes and return to the barbecue. Cook for another 15-20 mins until the parmesan has turned golden and crisped up around the potatoes.

GOOD TO KNOW gluten free
PER SERVING 270 kcals • fat 13g • saturates 4g • carbs 28g • sugars 2g • fibre 4g • protein 10g • salt 0.29g

Shoot director FREDDIE STEWART
Food stylist JESSICA RANSOM
Stylist MAX ROBINSON

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GRILL
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CHILL

The spice grills

Bring some West African spice to your barbecue menu with these recipes from The Flygerians

photographs NASSIMA ROTHACKER

The Flygerians was founded by sisters Jess and Jo Edun, who learned to cook with their grandma. They opened their restaurant in 2022 and now have a cookbook of their best recipes. They will be appearing at the Good Food Show Summer (see p120 for more). @TheFlygerians

Fire, smoke and bold, vibrant flavours – Nigerian-inspired barbecue is a celebration of spice, heat and irresistible marinades that pack a serious punch. In this collection, dynamic chef duo The Flygerians share three dishes that bring you the essence of a Nigerian cookout. Whether you're cooking over coals or firing up a griddle pan for a summer gathering, these recipes deliver maximum flavour with minimal fuss. Think smoky lamb suya skewers coated in spicy peanut rub, spiced corn 'ribs' and grilled tilapia with a Scotch bonnet kick. Light the grill – it's time to bring the heat.

Lamb suya

Grilled lamb suya is a popular West African dish, specifically from Nigeria, of skewered, marinated lamb served with a flavourful peanut spice mix. It is succulent, tender, smoky meat with a nutty, spicy taste-tantalising finish.

MAKES 6 skewers with leftover spice mix **PREP** 20 mins plus 2 hrs marinating **COOK** 20 mins **EASY**

3 garlic cloves, finely chopped
1 large onion, coarsely grated
1 tbsp paprika
1 tsp ground coriander
1 tsp cumin
1 tsp cayenne pepper powder or scotch bonnet powder (to taste)
2 tbsp garlic powder
1 tsp ground ginger
1 tsp chicken bouillion powder
2 tbsp vegetable oil
450g boneless lamb shoulder, diced
sliced onions, tomatoes, jollof rice and plantain, to serve

For the suya spice mix
50g ground peanuts or peanut powder (see tip)
2 tbsp paprika
1 tbsp ground ginger
2 tsp cayenne pepper or powdered scotch bonnet
1 tbsp onion powder
1 tsp garlic powder
½ tsp cumin
1 tsp dried thyme
½ tsp chicken boullion powder

1 To make the marinade, combine the garlic, onion, paprika, coriander, cumin, cayenne pepper, garlic powder, ginger and bouillion with the oil in a large bowl. Season well with pepper and a pinch of salt. Add the lamb cubes to the marinade and mix well, ensuring the lamb is evenly coated. Cover the bowl and let it marinate in the fridge for at least 2 hrs or overnight.

2 For the spice mix, mix together the ground peanuts, paprika, ginger, cayenne pepper, onion powder, garlic powder, cumin, thyme, chicken bouillion and a pinch of salt in a small bowl and set aside.

3 Heat your grill to medium-high heat, or if using a barbecue, wait until the coals are white hot. Thread the marinated lamb cubes onto metal skewers, leaving a little space between each piece. Grill the skewers for 6-8 mins on each side, or until the lamb is browned on the outside and cooked to your desired level. Baste with a little of the marinade during grilling for extra moisture, if you like.

4 Remove the lamb from the skewers and immediately coat the lamb with a sprinkle of the suya spice mix, pressing gently to ensure the seasoning sticks. Serve with sliced onions and tomatoes. This dish goes well with any side – we love it with jollof rice and plantain.

PER SERVING 243 kcals • fat 16g • saturates 5g • carbs 6g • sugars 3g • fibre 2g • protein 18g • salt 0.5g

tip

If you're unable to get peanut powder or ground peanuts, you can blitz 50g unsalted peanuts in a spice grinder to a fine powder.

Grilled fish with samphire

If you ever walked past my grandma's flat in Hackney on a Sunday, you'd catch a whiff of incredible smoky grilled fish, fiery peppers and a hint of fresh herbs. Grandma would balance her small charcoal stove on the balcony, fanning the flames with an old newspaper while stuffing the fish with her classic seasoning. We've taken her iconic recipe and elevated it with fresh herbs and samphire, adding that perfect salty, ocean-kissed bite. Neighbours would poke their heads over their balconies, plates in hand, hoping for a taste. Today, we keep that tradition alive, blending nostalgia with modern flavours.

SERVES 2 or 4 as a small plate
PREP 15 mins plus 1 hr marinating
COOK 16 mins **EASY**

2 whole tilapia, sea bass or sea bream, cleaned and descaled (optional to keep head on)
½ lemon, juiced
30g samphire
small handful of parsley, finely chopped
cassava chips or fried yam, to serve

For the marinade

1 Romano pepper, deseeded and roughly chopped
1 small onion, roughly chopped
1 scotch bonnet, deseeded and roughly chopped
2 garlic cloves, roughly chopped
1 tsp fish seasoning
1 tsp finely ground black pepper
1 tsp smoked paprika
1 tsp fresh thyme leaves
1 tsp hot curry powder
1 tsp garlic powder
2 tbsp olive oil, plus extra for the barbecue

1 Make 2-3 deep cuts on both sides of the fish, pat dry and season with salt and the lemon juice. Set aside.

2 To make the marinade, blitz the pepper, onion, scotch bonnet and garlic until minced but not too smooth. Transfer to a bowl and mix in the fish seasoning, pepper, paprika, thyme, curry powder, garlic powder and olive oil. Rub the marinade generously inside and outside the fish, ensuring it gets into the cuts. Stuff the fish cavity with 20g of the marinade (you can use gloves for this if you prefer). Chill the fish for at least 1 hr to marinate.

3 Heat a barbecue on high, until the flames subside and the coals are white hot. Lightly oil the grates to prevent sticking (see tip, right). Lay the fish directly on the grates and cook for 4-8 mins each side. If the fish starts to stick, leave it to cook a bit and release before flipping. Alternatively cook under a hot grill for 6-8 mins each side.

4 Remove to a plate and sprinkle with the samphire and parsley. Serve with cassava chips or fried yam, if you like.

GOOD TO KNOW vit c
PER SERVING (4) 263 kcals • fat 11g • saturates 2g • carbs 4g • sugars 3g • fibre 3g • protein 37g • salt 0.8g

gf tip

You can put the fish on a banana leaf or wire rack for an authentic Nigerian touch.

BBQ corn ribs

Nothing says 'barbecue me up' like these Flygerian corn ribs. Corn is a staple food in many Nigerian households, especially in rural areas. You'll see it on every street-food corner of Lagos – it's an integral part of the daily diet and Nigerian cuisine.

SERVES 4 as a side **PREP** 10 mins plus at least 30 mins marinating
COOK 25 mins **EASY V**

4 corn cobs
4 tbsp vegetable oil
½ -1 tbsp cayenne pepper (to taste)
2 tbsp smoked paprika
1 tsp dried thyme
1 tsp hot curry powder
1 tbsp onion powder
3 tbsp garlic powder
6 tbsp honey
50g butter
small handful of parsley or coriander

1 Put a chopping board on top of a damp dishcloth to secure it. Put a tea towel on top of the board and hold a corn cob vertically upright with one hand to keep it from slipping. Slice the cob in half lengthways using a sharp knife. Lay each half cut-side down and slice in half again lengthways. Cut in half again widthways. Repeat with the remaining corn.

2 Combine the vegetable oil, cayenne pepper, paprika, thyme, curry powder, onion powder, garlic powder and 4 tbsp of the honey in a large bowl. Stir well to form a smooth marinade. Taste the marinade and adjust with salt, black pepper or more cayenne for extra heat.

3 Add the cut corn pieces into the bowl with the marinade. Use your hands or tongs to make sure the marinade is evenly distributed, covering all the corn ribs. Let the corn marinate for at least 30 mins, or ideally 1-2 hrs. *Will keep chilled overnight.*

4 Heat your barbecue to medium-high. Once the coals are white hot, put the corn ribs and grill for 10-15 mins, turning occasionally, until the corn is tender and has a nice char. Alternatively, you can cook in the oven at 220C/200C fan/gas 7. Arrange the ribs on a baking tray and bake for 20-25 mins until tender.

5 Meanwhile, combine the butter with the remaining honey and season. Once the corn ribs are cooked, arrange on a platter and spread over the honey butter and garnish with the herbs (either chopped or leaves picked). Serve your Nigerian-inspired corn ribs hot as a side dish or snack.

GOOD TO KNOW folate • fibre 1 of 5-a-day • gluten free
PER SERVING 463 kcals • fat 25g • saturates 8g • carbs 48g • sugars 32g • fibre 10g • protein 8g • salt 0.3g

Shoot director FREDDIE STWEART | Food stylist AMY KINNEAR | Stylist MAX ROBINSON

advertisement feature

A taste of summer

Whatever you have planned this season, Iceland and The Food Warehouse can be your one-stop shop for every foodie occasion

Now the weather's getting warmer, you're probably hoping to spend more sunny bank holidays and relaxing summer days with your family and friends. But whether you end up outside in the sun or stuck inside courtesy of our famously unreliable British weather, you can always trust Iceland and The Food Warehouse to provide all the delicious food you need to feed a crowd.

Pack a picnic

Next time you're filling a picnic basket or inviting people over for a picky lunch in the garden, you can enjoy three for £5 on all your favourite nibbles at Iceland and The Food Warehouse. With more than 120 products available, you're guaranteed to find something for everyone – from southern fried chicken sticks and classic quiches to mini sausage rolls and GHI (Good Housekeeping Institute) Taste Approved Luxury Coleslaw.

Fancy a fakeaway?

If you want to make life easier and spend more time with your guests, Iceland and The Food Warehouse also offer a wide range of ready-to-cook meals that are great for 'fakeaway' nights. You can choose from a range of exclusive brands you won't find anywhere else, including TGI Fridays, Greggs and Harry Ramsden's fish and chips, as well as an array of delicious hot meals from MyProtein and Slimming World.

Hot off the grill

Summer wouldn't be complete without a proper British barbecue, and you can find all your essentials at Iceland and The Food Warehouse. Think juicy burgers, succulent sausages and perfectly seasoned koftas, along with all the usual must-haves, such as buns, cheese slices and salad.

Keep your cool

Of course, it's always worth keeping some ice creams and ice lollies in the freezer for any particularly hot days – and Iceland and The Food Warehouse have more than 150 to choose from. So, you can enjoy all your go-to brands, such as Magnum, Solero, Cornetto, Ben & Jerry's, Cadbury, Wall's Twisters and many more.

Let Iceland and The Food Warehouse help you put on a crowd-pleasing summer spread

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5 of the best barbecues

Embrace cooking outdoors with our pick of the best gas, charcoal and electric barbecues

words NATALIE BASS

Best for small gardens

Ninja Woodfire

Ideal for those short on outdoor space, this electric barbecue has an integrated smoker box that burns wood pellets to add a smoky flavour to ingredients. It's unable to create the authentic char you get from cooking over charcoal or open flames, but in testing our dishes were still flavoursome and evenly browned. We also liked its sleek design, simple controls and range of functions, which include grilling, roasting and air-frying.

Available from Ninja (£299.99)

Best for taking on trips

Everdure Cube

This portable charcoal barbecue is a handy companion that's easy to transport. It comes with accessories to complete your barbecuing set-up, including a bamboo board and integrated storage tray, so you can prep ingredients wherever you are, plus a removable charcoal tray. We also liked the built-in heat protection shield around the outside which is helpful if you're cooking with children nearby.

Available from Currys (£179)

Best for hosting

Weber Spirit E-425

This is the ultimate barbecue for feeding a crowd, and alongside the four powerful burners and large cooking area, it comes with a 'Sear Zone' for blasting extra heat onto the ingredients that you want to get really crispy. You can light and control the temperature with one hand, and in tests we achieved evenly cooked, succulent meats and juicy veg – all of which had defined grill lines.

Available from Weber (£699)

Best charcoal grill

Kamado Joe Konnected Joe

With its distinctive ceramic casing, this barbecue looks as good as it grills. How you cook with it is entirely up to you – whether you want to go old-school and monitor the coals yourself or let the barbecue do all the work (burger-flipping aside). It's a large piece of kit and getting it into the garden is no small feat, but once in place, it's a joy to use.

Available from Amazon (£1,999)

Best for tech lovers

Char-Broil Evolve

For fans of smart appliances, this model is controlled via an app – this means you can set and monitor the temperature from your phone, but bear in mind that you'll need a power source in your garden to ignite it. The exterior is heatproof so you can use it on any outdoor surface, and though we found the corners of the grills were cooler than the centre, we achieved excellent sear lines on all our meat and veg.

Available from Marks Electrical (£696.99)

HOW WE CONDUCT OUR REVIEWS

We test and research a range of products in each category to ensure every budget is represented. Products must meet criteria to be shortlisted, including nationwide availability through an online retailer. Shortlists for testing always include a minimum of 10 products. Test matrices have specified testing criteria, including sustainability, energy usage and packaging.

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TERMS & CONDITIONS *The £1 postage and packaging offer is only available on UK orders. Cover price £8.99. Postage available to EU and ROI with additional postage charge.

Garden cocktail

Whip up a refreshing pink sangria, plus discover the bottles to look out for in shops this month

recipe HANNAH GUINNESS *photograph* MIKE ENGLISH

Rosé sangria

MAKES 1.5 litres **PREP** 10 mins plus 1 hr chilling **EASY** **V**

- 1 large grapefruit, peeled and roughly chopped
- 750ml bottle of dry rosé wine
- 50ml brandy
- 50ml raspberry or other berry liqueur
- 400-500g mixed summer berries (we used strawberries, raspberries and cherries)
- a few small mint sprigs
- lemonade, for topping up

Muddle the grapefruit pieces in a large jug, then mix in the wine, brandy and liqueur. Chill for 1 hr so the flavours can infuse. Add the berries and mint, then top up with the lemonade. Stir well and serve over ice in tumblers or copa de balon glasses.

GOOD TO KNOW gluten free

PER SERVING 151 kcals • fat 0.2g • saturates none • carbs 14g • sugars 14g • fibre 2g • protein 1g • salt 0.03g

Shoot director FREDDIE STEWART | Food stylist KATIE MARSHALL
Stylist MAX ROBINSON

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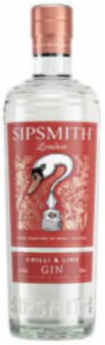

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My favourite dish

Briony May Williams' slow-cooked lamb

Escape to the Country presenter **Briony May Williams** talks about growing up with limb difference, her experience in the *Bake Off* tent and how sobriety changed her life

My favourite dish is slow-cooked lamb – we had it for our wedding, and the whole room just smelled like this incredible lamb. People still talk about it years later.

I have a limb difference, and it was hard as I was born in the 80s and there was no representation. There was no help for my mum either. When I was born they said, "We think it was because there wasn't enough room in the womb, but we don't know." Basically: off you pop! There was no support and she didn't have anyone to talk to about it. So, it was hard for her, but it toughened her up and therefore toughened me.

I was never wrapped in cotton wool – if I was trying to tie my shoelaces and couldn't do it, she'd say, "Okay, so you can't do it that way, let's try a different way." That's how I've approached everything. I think people who have disabilities are natural problem solvers, because this world isn't built for people living with disabilities and every day you face challenges. So, I try to approach things differently – a lot of that comes from my mum, who's my hero. I'm so grateful to her for that.

I don't eat a lot of cake – controversial, I know – as I think by the time I finish it, I'm like, "Somebody else eat it, please!" I'm a feeder and I get joy from seeing other people enjoy it. But, that's not why I entered *Bake Off*. In 2013, I was off work – I was a teacher at the time – for about nine months as I wasn't very well. It turned out to be polycystic ovary syndrome. While I was off work, the nurse from my school suggested I try baking or knitting because I struggle not doing anything – I'm not good at just resting. I tried knitting and crocheting and made a lot of tiny hats, then I started baking, making cookies and cakes.

I made my brother a Minions cake for his 30th and I was dead chuffed with it. Everyone said I was really good at it, so I made more novelty cakes and other kinds of baking. Four years later, I applied to *Bake Off*. It was so much fun. Everyone asks, "Why did you get so stressed? It's only cake!" But when you're in that tent, it's not just cake. It's filmed in summer and doing chocolate is the worst bit. Try to temper chocolate in 35C – it's not going to happen! But, it's what makes the show – people love it when it goes wrong. A lot of mine went horribly wrong, and I'd be crying into the freezer. Noel would come over and put his arm round me. By the time you finish *Bake Off*, you don't want to look at another sponge or loaf!

Since then, I've done more TV. I love doing *Escape to the Country*. I've always been interested in property, but I think so much of it is just getting to know people and making them feel comfortable, because they really are moving house and putting their hopes in us that they'll find somewhere.

I'm a sober lady now. In 2023, just after my 39th birthday, I had a health scare and ended up in hospital. One of the things they said to do was to cut back on alcohol. So I stopped and I just never went back. It's been an incredibly positive change in my life and I'm in a really good place. I started an Instagram page called Gloriously Sober because I want to share my experience. There's a lovely sober community – some are dealing with addiction, and some have just chosen to give up booze.

I carry around a little bottle of squash in my handbag on night outs now, because if they haven't got any decent drinks, I'll just have that. People say, "What are you doing?!" and I say, "Don't worry it's nothing dodgy – I'm just having a squash!"

Compiled by FIONA FORMAN

Slow roast leg of lamb

Cooked at a low temperature for a long time, this recipe gives you melt-in-the-mouth results.

SERVES 6 **PREP** 15 mins
COOK 7 hrs 30 mins
MORE EFFORT ❄

- 1 whole large leg of lamb (about 3kg)
- 4 onions, sliced
- 8 garlic cloves, peeled but left whole
- 4 carrots, quartered lengthways or left whole if small
- 300ml white wine
- 300ml stock (use what you have)
- 2 tbsp armagnac or madeira (optional), to serve
- thyme sprigs, to serve

1 Heat the oven to 120C/100C fan/gas 1/2. Heat your largest flameproof casserole dish over a high heat, season the lamb and brown it on all sides for 10 mins until deeply browned (this is important, as it will not brown during cooking). If the lamb sticks, add a drizzle of oil. Pour away any fat that has collected in the bottom of the casserole.

2 Add the vegetables, followed by the wine and stock. Season and bring to the boil, then cover and roast for 7 hrs, turning twice. After 5 hrs, the meat should be easily pierced using a knife.

3 Transfer the meat and vegetables to a serving dish. Strain the leftover sauce from the casserole dish into a jug and pour or blot away the fat using kitchen paper. Pour the sauce into a pan, then bring to the boil and cook until reduced by a quarter. Adjust the seasoning and add the armagnac or madeira, if using. Serve alongside the lamb, scattered with some thyme.

PER SERVING 742 kcals • fat 38g • saturates 16g • carbs 12g • sugars 9g • fibre 4g • protein 77g • salt 0.77g

LEARN TO MAKE

Malaysian fusion

Malaysian-Scottish food writer **Julie Lin** expertly blends flavours from both cultures to create these comforting dishes

photographs LIZ SEABROOK

Sambal mussels, p106

Julie Lin is a chef, food writer and restaurateur who has appeared on TV programmes such as *Saturday Kitchen* and *Food Fest Scotland*. Her Malaysian-inspired diner in her home town of Glasgow, GaGa, received a Michelin Bib Gourmand this year. *julielin.co.uk*

Curry leaf chicken legs with salted egg yolk sauce, p106

Sambal mussels

Sambal lala, or chilli clams, is a beloved dish in Malaysia – a staple in the vibrant culinary landscape of Melaka. Inspired by my Scottish roots, I've added a twist to this traditional recipe. Scotland is renowned for its abundant and sustainable mussel populations, making them one of the most environmentally friendly shellfish.

SERVES 4-6 **PREP** 20 mins
COOK 25 mins **EASY**

1kg fresh mussels
200ml rapeseed oil
150ml tamarind water
3 tbsp kecap manis (sweet soy sauce)
2 tbsp gula melaka palm sugar or dark brown soft sugar
100g wild garlic leaves
lime juice, to taste
½ bunch of Thai basil leaves, torn, to serve
coconut rice, to serve (optional)

For the spice paste

7 banana shallots, peeled and roughly chopped
15 garlic cloves, peeled
20 dried red chillies, soaked in warm water, drained and mostly deseeded (depending on how spicy you like it)
3 long red chillies, roughly chopped
3 lemongrass stalks, cleaned, trimmed and roughly chopped
1 heaped tbsp sambal, toasted
2 tbsp gula melaka palm sugar or dark brown soft sugar

1 First, prepare the mussels. Begin by carefully scrubbing the mussels and debearding each one. Wash and clean the shells. Discard any that are open or don't close with a sharp tap.
2 To make the spice paste, put the shallots, garlic, dried and fresh chillies, lemongrass and toasted sambal in a food processor or blender, then blitz to a fine paste. Transfer to a bowl and stir in the sugar and 1½ tbsp salt.
3 When ready to cook, heat a large wok over a high heat and, once hot, pour in half the rapeseed oil to coat the base and allow it to reach a medium heat. Add the spice paste and stir-fry over a medium-low heat for 15 mins, moving it continuously so it doesn't burn. Add the rest of the rapeseed oil. If the paste looks like it's getting too dry, add a little more oil. The ideal state is when the oil has split from the sambal and risen to the top.
4 Add the tamarind water, kecap manis and palm sugar to the wok, allow it to reduce for about 2 mins, then season to taste with salt.
5 Reduce the heat to medium, add the mussels and toss in the sauce, then cover with a lid. Steam and check after 3-4 mins – once they've opened up, they're ready to be served. Discard any that do not open.
6 Add the wild garlic to the mussels in the wok, then toss everything together until well coated in the sauce.
7 Squeeze the lime juice to taste over everything, scatter over the torn basil leaves and give it a final stir. Serve piping hot with coconut rice.

GOOD TO KNOW vit c
PER SERVING (6) 464 kcals • fat 35g • saturates 3g • carbs 24g • sugars 20g • fibre 3g • protein 11g • salt 5.14g

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Curry leaf chicken legs with salted egg yolk sauce

I became obsessed with salted egg yolk sauce after trying it at a restaurant in Singapore. It has an incredible full-bodied flavour and rich and velvety texture.

SERVES 4 **PREP** 10 mins plus marinating **COOK** 45 mins **EASY**

2 tsp ground turmeric
1 tsp chilli powder
4 chicken legs, skin on
vegetable oil, for frying

For the salted egg yolk sauce

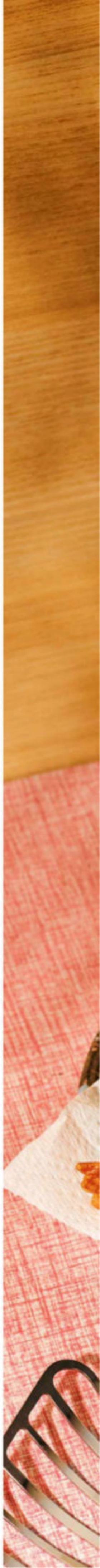
2 tbsp butter
2 garlic cloves, minced
3-4cm piece of ginger, peeled and finely chopped
4 baked salted egg yolks (see note, opposite)
10 fresh curry leaves, plus extra to garnish (optional)
2 red or green bird's-eye chillies, chopped (optional)
3 tbsp evaporated milk
1 tsp white sugar
¼ tsp ground white pepper

1 Combine the turmeric and chilli powder in a small bowl, then season with salt and black pepper. Rub this spice mixture into the chicken legs and marinate in the fridge for at least 30 mins, or ideally overnight.
2 Heat a generous amount of vegetable oil in a heavy-based pan over a medium heat. Carefully lower the chicken legs into the hot oil and fry until golden and fully cooked. (This should take about 10-15 mins on each side, depending on their size.) Once cooked, put the chicken on kitchen paper to drain excess oil.
3 Melt the butter in a saucepan over a medium heat and fry the garlic and ginger until fragrant. Add the salted egg yolks and cook, stirring continuously until it becomes a creamy, emulsified sauce. Add the curry leaves and chillies (if using), then stir for a further minute. Pour in the evaporated milk, then mix in the sugar and white pepper. Stir until the sauce is thick and creamy.
4 Once the sauce is ready, add the fried chicken and toss in the sauce until each piece is well coated. Serve hot, garnished with additional curry leaves, if you like.

GOOD TO KNOW gluten free
PER SERVING 607 kcals • fat 39g • saturates 13g • carbs 8g • sugars 3g • fibre 1g • protein 55g • salt 2.26g

note

To salt egg yolks, cover the base of a shallow plastic container with fine salt (about 2-3cm deep). Make gaps in the salt using a spoon, then carefully slide a yolk into each. Cover with more salt, then chill for 8 hrs, or overnight. The yolks will be sticky and gummy. *Will keep chilled in an airtight container for three days*. To bake for use in sauces or to sprinkle over dishes, heat the oven to its lowest setting (about 60C/40C fan), put the yolks on an oiled wire rack and bake for 3 hrs until dry and hard. *Will keep chilled in an airtight container for up to three months*.



Cucur udang prawn fritters

While I was in Cádiz in the south of Spain, I rediscovered these shrimp fritters, called tortillitas de camarones. I wondered whether the dish has connective roots to cucur udang, from when the Portuguese colonised Melaka. In Malaysia's colonisation, there's been a huge crossover with foods.

SERVES 5 as a snack or side
PREP 10 mins **COOK** 25 mins **EASY**

- 125g rice flour
- 40g white wholemeal or plain flour
- ½ tsp bicarbonate of soda
- pinch of ground turmeric
- 1 egg
- 15 whole, raw small-medium prawns, shelled and deveined, plus another 15 whole, raw small-medium prawns with shells left on, deveined
- handful of garlic chives or regular chives, chopped
- handful of beansprouts
- pinch of white pepper
- vegetable oil, for deep-frying
- sambal oelek, to serve

1 First, make the batter. Combine the rice flour, white wholemeal flour, bicarbonate of soda and turmeric in a large bowl. Crack in the egg, whisk it into the flour mixture, then gradually add 180ml water, a little at a time, to make a smooth batter. The consistency should be similar to a pancake batter – it should coat the back of a spoon but not be too thick.

2 Fold all the shelled and whole prawns, the garlic chives and beansprouts into the batter. Season with a pinch each of salt and white pepper.

3 Fill a deep-fat fryer or large, heavy-based saucepan no more than two-thirds full with oil and heat to 170C, or until a cube of bread browns in 30 seconds. Meanwhile, line a tray or plate with kitchen paper and keep a spider or slotted spoon to hand. Working in batches so you don't overcrowd the pan, spoon the batter into the oil to make small fritters (if there are too many fritters in the fryer at once, the oil temperature will drop and they won't crisp up). Deep-fry for 3-4 mins on each side until golden, crispy and cooked through. Transfer the prawn fritters to the lined tray or plate to drain any excess oil.

4 Once they are all cooked, serve the fritters immediately while hot with sambal oelek for dipping.

PER SERVING 244 kcals • fat 10g • saturates 1g • carbs 26g • sugars 0.2g • fibre 1g • protein 13g • salt 0.58g

SAMA SAMA
JULIE LIN

Recipes adapted from *Sama Sama* by Julie Lin (£28, Ebury Press) and not retested by us. Photographs by Liz Seabrook.

Make an epic sandwich tonight

One to watch in our recent Rising Stars contest, **Sofia Antona** turns a chicken sandwich into a special treat. Plus, a new recipe from our winner **Georgia Hughes**

Sofia entered our competition with a video on how to make her crispy chilli chicken kimchi mayo sandwich (see the recipe, opposite) making our mouths water at the Good Food office. Then on finals day, she impressed food director Cassie Best and chef Max La Manna with her take on fasolakia, a Greek bean stew, which included homemade pasta, all made in under an hour. They loved seeing how passionate Sofia was about her dish and remarked on her ability to make food that people want to eat.

It was almost a foregone conclusion that Sofia would have a career in food. She explains, "Food has always been my biggest obsession. Growing up in my parents' restaurant, which has held a Michelin star for almost 25 years, gave me access and a hugely inspiring grounding in incredible quality food from a young age. Always finding myself in the kitchen, predominately baking, I went on to study nutrition and food science at the University of Reading to further my knowledge around food chemistry, human physiology, microbiology and nutritional science. "After spending a number of years in the food industry as a nutritionist (ANutr) and food product developer, I now work in food TV and also continue my love of food outside of work, trying new recipes, eating at new restaurants and always baking."

Above and right: Rising Stars finalist Sofia Antona
Below: with the other finalists

Crispy chilli chicken kimchi mayo sandwich

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY**

- 2 chicken breasts
- 50g plain flour
- 75g panko breadcrumbs
- 2 eggs
- 3 tbsp chilli oil
- 500ml vegetable oil
- 4 tbsp kewpie mayonnaise, or regular if you can't find it
- 3 tbsp kimchi, roughly chopped, plus extra to serve
- 1 large ciabatta loaf, halved and toasted
- 1 Sweet Gem lettuce, thinly sliced
- small handful of chives, finely chopped
- ½ lemon

1 Butterfly the chicken breasts by slicing into one side and opening out like a book, then cover with baking parchment and bash using a rolling pin, until 1-2cm thick. Tip the flour on one plate, and season with salt and pepper, then the panko breadcrumbs on a second plate, and finally the eggs, whisked with 1 tbsp of chilli oil, in a shallow bowl.
2 Dip the chicken in the flour, turning and coating completely before dipping into the egg mixture. Coat completely in egg before turning in the breadcrumbs. Set aside on a wire rack.
3 Heat the veg oil in a deep frying pan over a medium-high heat to 180C. If you don't have a thermometer, lower in a piece of bread – when it bubbles, it's ready. Lower in the chicken breasts, one at a time. Fry for 3 mins on each side, or until golden brown and cooked through. Transfer to a plate lined with kitchen paper. Brush with the remaining chilli oil and season.
4 To make the kimchi mayo, mix the mayonnaise with the chopped kimchi, then season to taste.
5 Spread the kimchi mayo over one side of the ciabatta, followed by the chicken. Top with more kimchi, if you like, the lettuce and chives. Squeeze some lemon over, close the sandwich, then cut in half to serve.

GOOD TO KNOW 1 of 5-a-day • folate • fibre
PER SERVING 1,173 kcals • fat 54g • saturates 8g • carbs 108g • sugars 7g • fibre 7g • protein 59g • salt 4.06g

Sofia's recipe

Recipe photograph TOM REGESTER | Shoot director FREDDIE STEWART | Food stylist TROY WILLIS | Stylist FAYE WEARS | Portrait photographs MARVELLOUS LAST NIGHT

Feta & spring onion fritters

Our winner Georgia created these versatile fritters – they work well for breakfast, lunch or dinner.

MAKES 6-8 **PREP** 10 mins
COOK 40 mins **EASY** **V**

- 4 tbsp olive oil
- 1 bunch of spring onions (8-10), chopped into 1cm pieces
- 1 courgette (around 150g), grated
- 200g cooked quinoa
- 100g feta, crumbled
- 6 sundried tomatoes, finely chopped
- 1 tsp smoked paprika
- 1 tsp garlic granules
- small handful of mint, leaves picked and finely chopped
- small handful of dill, finely chopped
- 2 eggs, beaten
- 5 tbsp plain flour

To serve

- yogurt, lemon wedges, and chilli jam

1 Heat 2 tbsp of the olive oil in a frying pan over a medium heat. Add the spring onions with a pinch of salt, and cook for 6-8 mins until softened.
2 Tip the grated courgette into a clean tea towel and squeeze out any excess water, wringing the tea towel tightly. Tip into a bowl along with the softened spring onions. Add the quinoa, feta, tomatoes, smoked paprika, garlic granules, mint, most of the dill, beaten eggs and flour. Season and stir well to combine.
3 Drizzle 1 tbsp of the oil into the frying pan and set over a medium heat. Add 2 heaped tbsps of the mixture to the pan and smooth out using the back of the spoon. Cook in batches, drizzling in the remaining oil as needed for 6-8 mins until crisp and brown. Turn and repeat.
4 Serve the fritters warm with yogurt, lemon wedges for squeezing over and some chilli jam. Garnish with the remaining dill.

PER SERVING (8) 186 kcals • fat 10g • saturates 3g • carbs 16g • sugars 2g • fibre 2g • protein 7g • salt 0.38g

Find out more about winner Georgia, Sofia and all our runners-up at ***goodfood.com/article/rising-stars***

Georgia's new recipe

goodFOOD

coming next month

on sale 26 June

Grill, thrill, chill

- *BBQ prawns with pineapple salsa*
- *Spicy mango chicken burger*
- *Sticky tamarind pork ribs*

Photograph CHELSEA BLOXSOME | Shoot director RACHEL BAYLY | Food stylist AMY KINNEAR | Stylist MAX ROBINSON

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Bursting with flavour

With its rich history and distinctively delicious taste, Parmigiano Reggiano PDO is one of Europe's most popular cheeses for good reason

From salads and cheeseboards to pizza and pasta, many of our favourite dishes taste even better with a sprinkling of Parmigiano Reggiano PDO – but do you know what makes it so special? For a start, it's one of the oldest cheeses in the world and has been produced using the same techniques and just three ingredients (milk, salt and rennet) for almost 1,000 years.

It's also a Protected Designation of Origin (PDO) product that's governed by strict EU specifications. This means the cheese must only be produced in a specific area of northern Italy, using traditional methods, to be considered true Parmigiano Reggiano. So, if you spot the PDO logo on the packaging, you can be sure it's authentic.

Endlessly versatile

The flavour of Parmigiano Reggiano PDO can really vary depending on the cheese's maturation time. Wheels aged between 12 and 19 months have a delicate taste with hints of both sweetness and sourness, while an aging period of 45 months or longer brings out more intense, nutty notes.

Thanks to this broad flavour profile, Parmigiano Reggiano PDO is perfect on its own, but also works well in a wide range of recipes, including these moreish cauliflower bites. Try them as a snack or serve them as an appetiser at your next dinner party.

This content has been created in partnership with @parmigianoreggianouk and co-funded by the European Union, according to EU Regulation n. 1144/2014.

Parmigiano Reggiano cauliflower bites

SERVES **4** PREP **15 mins** COOK **10 mins** EASY

1 cauliflower, cut into florets
3 eggs
1 tbsp plain flour
80g 24-month Parmigiano Reggiano PDO, grated
vegetable or sunflower oil, for deep-frying

For the dip

2 tbsp mayonnaise
2 tbsp plain yogurt
30g 24-month Parmigiano Reggiano PDO, grated
1 garlic clove, grated
1 tsp paprika
small handful of chives, finely chopped

1 Boil the cauliflower in slightly salted water for 3 mins, then drain well and leave to cool.

2 Meanwhile, mix all the dip ingredients together in a small bowl with a pinch of black pepper and set aside.

3 In a large bowl, make the batter by whisking the eggs, flour and 20g of the Parmigiano Reggiano together with some salt and pepper. Coat the cauliflower florets in the batter.

4 Heat enough oil to fully submerge the cauliflower in a large pan. Carefully add the cauliflower and fry for around 3-4 mins until golden all over. Transfer to kitchen paper to drain for 1 min, then coat in the remaining Parmigiano Reggiano and serve immediately with the dip on the side.

For more information and Parmigiano Reggiano recipe inspiration, visit tasteurope.eu

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IN *the* KNOW

Sharpen your skills in the kitchen with our expert guides and make a note of the latest cookbooks

Fathers' Day

cheeseboard, p118

Next level

Baked strawberry cheesecake, p114

Cook the books

Puerto Rican/Cuban shortbread biscuits, p117

Next level

BAKED STRAWBERRY CHEESECAKE

Showcase the best seasonal British strawberries with this elevated take on the classic dessert

recipe BARNEY DESMAZERY *photograph* MAJA SMEND

Shoot director FREDDIE STEWART | Food stylist JESSICA MCINTOSH | Stylist HANNAH WILKINSON

Next level baked strawberry cheesecake

Many cheesecakes are made with a simple biscuit base and a chilled filling, but ours is elevated by a buttery crust and baked filling that's smooth, velvety and rich while still being light, thanks to a combination of soft cheese and soured cream. Lemon zest lifts the flavours, making it ideal for summertime – especially when topped with strawberries that have been macerated until soft and sweet. The berries are also glazed with jam for added shine and depth, making this a carefully balanced dessert that makes the most of ripe seasonal fruit.

SERVES 10-12 **PREP** 30 mins plus 1 hr cooling, 4 hrs chilling and 1 hr macerating **COOK** 1 hr 10 mins **MORE EFFORT** V

For the base

- 120g unsalted butter, melted, plus extra for the tin
- 300g digestive biscuits
- 25g golden caster sugar

For the filling

- 750g full-fat soft cheese
- 200g golden caster sugar
- 4 eggs
- 200ml soured cream
- 1 tsp vanilla extract
- 1 lemon, zested
- 2 tbsp plain flour

For the topping

- 400g strawberries, halved
- 25g golden caster sugar
- 100g strawberry jam
- 1 tbsp lemon juice

1 Heat the oven to 160C/140C fan/gas 3. Butter a 20cm springform cake tin and line the base with baking parchment. Blitz the biscuits to fine crumbs in a food processor, or put in a food bag and bash with a rolling pin. Tip into a bowl. Stir in the butter and the sugar until the mixture resembles damp sand. Press the mixture firmly into the base of the tin, then use the back of a spoon or a glass to press the crumbs up the side in an even layer. Chill for 20 mins to firm up.

2 Meanwhile, for the filling, beat the soft cheese and sugar together in a large bowl using an electric whisk until smooth and creamy. Add the eggs, one at a time, whisking well after each addition. Whisk in the soured cream, vanilla and lemon zest, then sift in the flour and fold through until just combined. Scrape the filling over the biscuit base and smooth the surface using a spatula.

3 Put the cheesecake on a baking tray and bake for about 1 hr 10 mins, or until the centre is just set with a very slight wobble. Turn the oven off and leave the cheesecake inside to cool with the oven door ajar for 1 hr. (This helps prevent cracking.) Once cooled, transfer to the fridge and chill for at least 4 hrs, or overnight.

4 Meanwhile, for the topping, put the strawberries in a sieve set above a bowl, then scatter over the sugar and toss to combine. Leave the strawberries to macerate for about 1 hr. Tip any strawberry juice from the bowl into a small pan with the jam and lemon juice, and warm over a low heat until the jam has melted and the mixture is glossy. Toss the strawberries through the jam mixture, then pile over the chilled cheesecake. *Will keep chilled for up to two days.* Carefully remove the cheesecake from the tin, transfer to a serving plate and slice into wedges to serve.

GOOD TO KNOW vit c

PER SERVING (12) 541 kcals • fat 34g • saturates 20g • carbs 49g • sugars 35g • fibre 2g • protein 8g • salt 0.85g

next month
JAMBALAYA
Try our take on the Creole favourite in our next issue (on sale 26 June).

Our top tips

BISCUIT CASE
Pressing the biscuit base up the side of the tin means that you can support more of the filling. Slicing is easier, presentation is neater and there's crunch with every bite.

BAKING VS CHILLING
Unlike cheesecakes that are set with gelatine or chilling alone, baking creates a velvety texture and deeper flavour.

LEMON LIFT
The lemon zest in the filling adds brightness to cut through the rich soft cheese. It's also a perfect foil for the sweet berries.

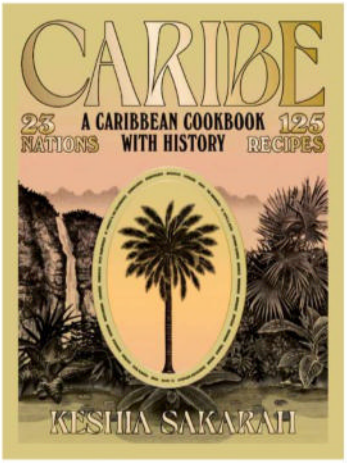
TOUCH OF SILK
It's the combination of soft cheese and soured cream that ensures a silky filling. The former provides body and the latter adds subtle tang to help keep it light.

UP THE JAM
As well as creating a light glaze for the fruit, the jam brings another layer of strawberry flavour, so pick a quality one to bring the dessert together.

BOOKS *for* COOKS

Our resident reviewer Fiona Forman makes Puerto Rican biscuits from *Caribe* by **Keshia Sakarah** and casts her eye over more new titles

recipe photograph MATT RUSSELL



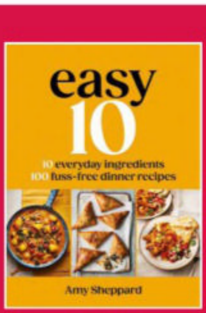
Chef and food writer Keshia Sakarah describes herself as a Caribbean woman, born and raised in Britain. Her grandparents moved from the island of Montserrat to Leicester in the Windrush era and experienced racism and hostility.

Keshia was 11 by the time she visited the Caribbean, first to Barbados, then on a second trip, to Montserrat and paints a vivid picture of the island, “I loved how fresh the air was and the feeling of being surrounded by so much green.” She recalls “breadfruit trees flourishing in all their glory, hung over the roadside”. Not long after, she decided to become a chef. “Food created a path to stay connected to people ‘back home’, with much of this being instilled within me from a very young age. I witnessed this quiet but powerful connection to ingredients and its invaluable integration within our culture, which later developed my deep love for cooking.”

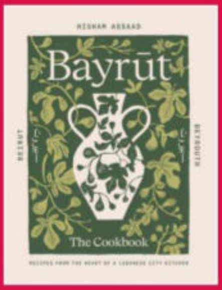
Since then, Keshia has helped bring Caribbean food to the UK, with a pop-up in London restaurants called Caribe (Spanish for Caribbean) which proved so popular it grew into a container restaurant at London’s Pop Brixton, which culminated in *Caribe* the cookbook, the first of its kind to explore Caribbean food culture of the entire region, from Barbados to Jamaica.

In it, you’ll find soups, stews, salads, curries, chutneys, bakes and drinks, including classics like jerk chicken, curry goat and saltfish fritters. I made polvorones/polvorón – Puerto Rican/Cuban shortbread biscuits (see opposite). They are so easy to make, and most of us have probably made thumbprint cookies before, so you’ll be familiar with the method. They’re also ideal for making with children who love doing the finger indents. I made them with my five- and two-year-old and it was an unusually calm experience (unfortunately for me, they wanted to make them at 7am, but on the plus side we had cookies to eat for a second breakfast).

Vegetable shortening (the veggie alternative to lard, perhaps more familiar as Trex or Cookeen) gives these buttery biscuits a delicious crumbly texture, and the guava jam adds a tropical, slightly floral flavour. It’s the perfect biscuit to eat in the sunshine. I liked them so much, I made a second batch a few days later.



***Easy 10* by Amy Sheppard (£22, Quadrille)**
I’’ve been a follower of *@amysheppard food* on Instagram for a long time – she does family comfort food so well. So I was very excited to see her new cookbook where she takes 10 everyday ingredients – think mince, rice and pasta – and turns them into 100 quick-fix dinners. My favourites are 15-minute gnocchi fish ‘pie’ (my fussy 5-year-old asked for seconds), squashed piri piri meatballs and chicken kyiv spaghetti.



***Bayrut* by Hisham Asaad (£27, Smith Street Books)**
If you like Lebanese food, you’ll love this. It marries Middle Eastern and Mediterranean cuisine, culminating in delicious dishes like chicken shawarma, kofta, falafel, tabbouleh and chickpeas with garlic yogurt – ideal for big sharing spreads at the weekend. Author Hisham Asaad also serves up family recipes, passed down through the generations, and sweet treats including a fudgy semolina & coconut cake.

Try Keshia's recipe

Polvorones/polvorón *(Puerto Rican/Cuban shortbread biscuits)*

What makes these nutty, butter cookies unique is their distinctive crumbly, cracked texture and shape. Polvorones translates to polka dots, referencing their roundness. They originated on the Spanish island of Andalucia, where they often used pork fat (lard), giving the biscuits their crisp bite. As part of their evolution, the addition of guava jam is what now makes them uniquely Caribbean. As the Spanish also colonised parts of the Far East too, these cookies are also found in the Philippines. **KS**

MAKES 12 **PREP** 10 mins plus cooling **COOK** 20 mins **EASY V**

120g salted butter, softened
60g vegetable shortening (vegetarian baking spread)
100g golden caster sugar
1 egg yolk (freeze the white for another recipe)
200g plain flour
70g ground almonds
1/4 tsp sea salt
1/2 tsp ground cinnamon
guava jam, to serve (optional)

1 Heat the oven to 190C/170C/gas 5 fan and line a baking sheet with baking parchment. Put the butter, shortening and sugar in a large bowl and beat until light and fluffy, then whisk in the egg yolk.

2 Sift in the flour, ground almonds, salt and cinnamon. Fold through until to incorporate, being careful not to over mix – it should be grainy.

3 Form spoonfuls of the mixture into 12 balls, then arrange on the prepared baking sheet. Press a small dent into the top of the biscuits using your finger, then repeat with the remaining dough. Bake in the oven for 15 mins, then remove from the oven and place 1-2 tsp of the guava jam (if using) into the dents. Return to the oven and bake for a further 5 mins. If you're not using guava jam, skip this step. Remove from the oven and leave to cool on the baking sheet. They will be a little soft to touch and the jam may be hot, so allow them to firm up slightly before serving and eating.

PER SERVING 243 kcals • fat 16g • saturates 7g • carbs 22g • sugars 9g • fibre 1g • protein 3g • salt 0.35g

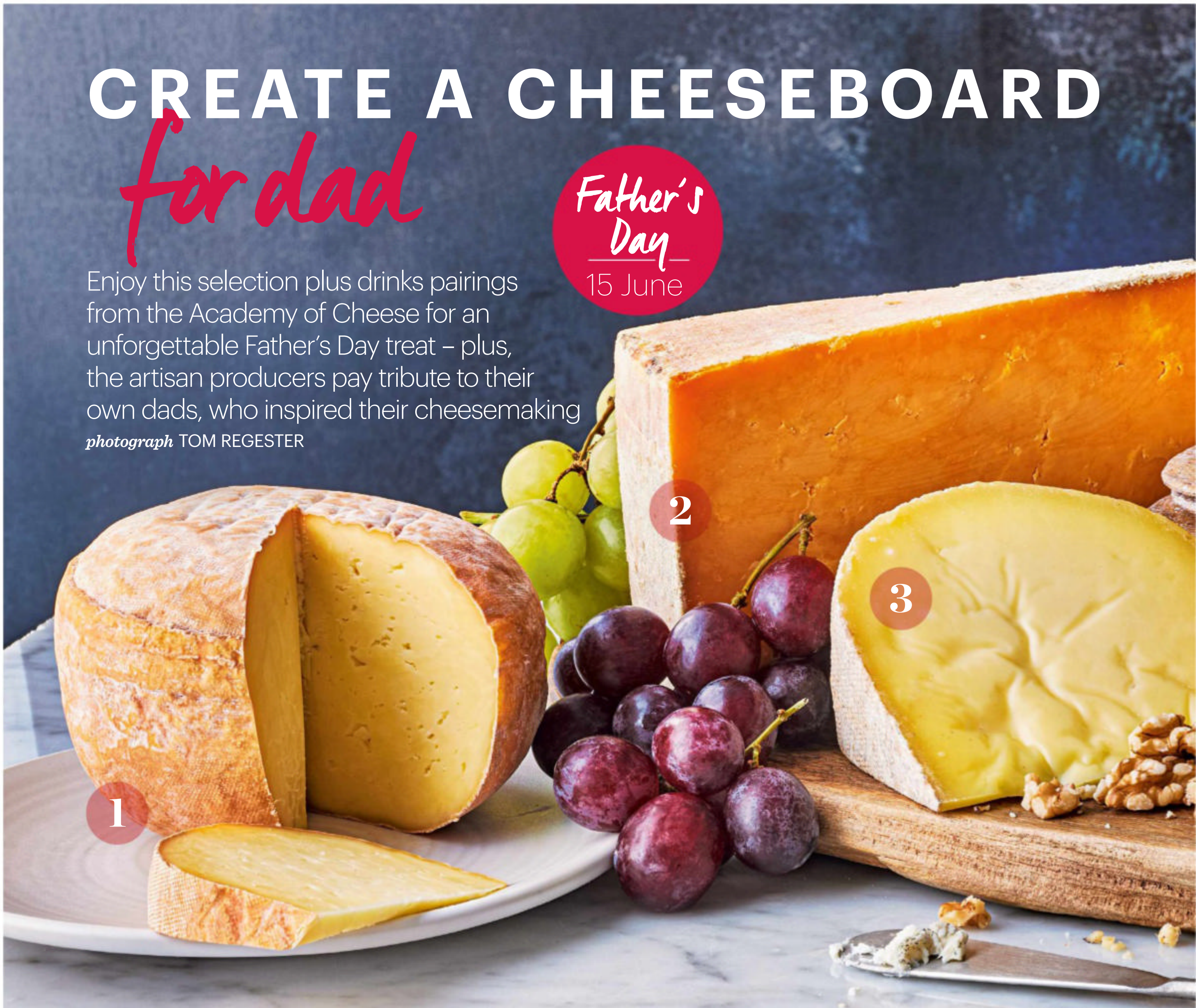
Recipe extracted from *Caribe* by Keshia Sakarah (£30, Quadrille) Photography © Matt Russell

CREATE A CHEESEBOARD *for dad*

Father's Day
15 June

Enjoy this selection plus drinks pairings from the Academy of Cheese for an unforgettable Father's Day treat – plus, the artisan producers pay tribute to their own dads, who inspired their cheesemaking

photograph TOM REGESTER



1 CELTIC PROMISE
CAWS TEIFI

Cheesemaker Robert Patrice Savage-Onstwedder

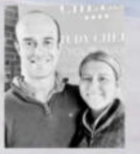
"My earliest memories are of my parents wearing their white cheese caps, heading off to the dairy when I was two – then, tasting trial batches of Celtic Promise in the kitchen in 1996, excited by the gamey flavours of washed rind cheese.

I've learned a great deal from my dad, John, especially the importance of striving for excellence and keeping that commitment to quality at the forefront, even when balancing it with pragmatic business decision-making. Over the past few years, we've reinvested significantly into the business, allowing us to increase production and expand our team." *Robert Patrice Savage-Onstwedder, cheesemaker*

Why the Academy experts love it and what to drink with it: Supple and smooth with a bold aroma, it has rich savoury notes from its rind balanced by aromatic, buttery flavours in the paste. A natural match for cider, but also pairs beautifully with fruity ales or light red wines. *£7.50 (half wheel),* ***teificheese.co.uk***

2 SPARKENHOE RED LEICESTER
LEICESTERSHIRE HANDMADE CHEESE CO.

Cheesemakers brother-and-sister team Will and Annie Clarke



"My earliest memory is going to the dairy in frog wellies to watch my mum and dad make cheese. Will and I'd help lard clothbound cheeses, drawing smileys in the lard." *Annie*

"I remember going to farmers' markets in winter, bundled in ski suits. Since joining the business, I've introduced regenerative farming and, in 2017, added blue cheeses to the range. The tearoom and cheese shop were opened in 2014, first only on weekends, but now we've expanded hours to demand." *Will*

Why the Academy experts love it and what to drink with it: This English classic boasts a bold, nutty, savoury flavour profile accented by deep caramel undertones. It makes a striking addition to any cheeseboard and pairs beautifully with a bitter or amber ale. *£7 (250g),* ***leicestershirecheese.co.uk***

Try our Father's Day cheese selection for yourself and learn which wines to pair with your board at the Good Food Show Summer. Turn to page 120 for details

3 WYFE OF BATH
BATH SOFT CHEESE

Cheesemaker Hugh Padfield

"In the late 80s, my father Graham revived his parents' cheesemaking traditions at Park Farm before settling on Bath Soft Cheese. Though he wanted to keep the tradition in the family, he never pressured me to take over. After university and a few years in telecoms, I realised I'd be happier farming and cheesemaking.

The work is challenging but rewarding, from making cheese and caring for animals, to being present with my children. It feels like everything we do improves our farm, which has been our family's home for generations. Hopefully it's making them, including my father, proud."

Why the Academy experts love it and what to drink with it: Sweet, rich and buttery with floral notes, this gouda-style cheese evokes summer meadows. Enjoy with a strong brew, viognier or oaked chardonnay. *£8 (250g),* ***parkfarm.co.uk***

4 BEAUVALE
CROPWELL BISHOP CREAMERY

Cheesemaker Robin Skailes

"As a child, I loved watching the cheese being made from my father Ian's office window. The large vats of curds and whey made me very comfortable with the cheesemaking process. The staff, including Jean and Mario, who worked with my grandfather, made a lasting impression, always being kind and showing me the ropes.

As well as modernising our workplace, I'm working to improve cheesemaking and develop cheeses that are suited to modern tastes. Our soft blue, Beauvale, is a great example of this."

Why the Academy experts love it and what to drink with it: Spread this smooth, gorgonzola-style cheese with subtle hints of hazelnut and chocolate over crusty bread or spelt crackers. Pair with a Pedro Ximenez sherry or porter ale. *£25 (850g),* ***cropwellbishopcreamery.co.uk***

5 BLACKMOUNT
ERRINGTON CHEESE

Cheesemaker Selina Cairnes

"Some of my favourite memories of my childhood are of spending time with my father, Humphrey, on the farm, especially during lambing season. As I recall, I wasn't allowed in the cheese rooms until I was a teenager, when I started helping with the packing. Errington Cheese has evolved over the years, especially with the introduction of goats to the farm in 2019. Goat's cheese now makes up about 50% of our production."

Why the Academy experts love it and what to drink with it: Young goat's cheese is a stunning cheeseboard centrepiece, and this one is rich and fudgy, with more than a hint of 'goatiness'. Brushed in ash and pyramid-shaped, it's delicious drizzled in heather honey and served with white port. *£12 (220g),* ***erringtoncheese.co.uk***

Learn more about artisan cheese at *academyofcheese.org*

Shoot director JORDAN EDMONDS-MOORE | Food stylist JESSICA RANSOM
Stylist AGATHE GITS | Prices are correct at time of printing

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Summer is finally around the corner and if you're looking to sprinkle some foodie joy into the season, kick it all off with a trip to the Good Food Show Summer! At the heart of the show is the Big Kitchen, sponsored by HexClad, where our top culinary stars will be serving up their most mouthwatering recipes live. Expect plenty of entertainment, inspiration and tips from chefs and experts including James Martin, John Torode and Lis Faulkner, Matt Tebbutt, Jane's Patisserie, Si King and many more. VIPs get the best view with front-block seats included in their tickets, along with a mouthwatering selection of perks perfect for a Very Important Palate. Book your seat and get ready to create memories to last all summer long.

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UNMISSABLE SHOW MOMENTS

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Book your table at the **Good Food Restaurant** and take a seat for a mouthwatering two-or three-course meal where Barney Desmazery has curated a menu inspired by some of Good Food's greatest hits. Sit back, relax and enjoy a delicious lunch packed with flavour.

THE PERFECT SERVE

As summer heats up, our headline sponsor, Lexus, is serving more than just style. Try some iconic and deliciously unexpected food pairings at their stand and even test your skills in their interactive tennis serve challenge... game, set, snack!

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Savour the flavours of Tuscany on this gourmet foodie tour

Learn to cook like an Italian, taste top Tuscan wines and visit the medieval hilltop towns of San Gimignano and Volterra

Prices from £2,395pp*

14-20 October 2025

Tuscany is known for its food and drink equally as much as its landscapes and history, and on this seven-day tour, you'll immerse yourself in all the delights this region has to offer.

Staying at a four-star hotel in the lovely coastal town of Viareggio, you'll be joined by local experts who will guide you through tastings and offer their expertise on the local gastronomy.

During the tour, you'll visit a local bakery, chocolate factory, liquor shop and vineyards, as well as taking an exclusive cooking lesson with a local chef. Not only will you learn to cook authentic Tuscan dishes, but you'll also source your ingredients from the surrounding farmland and orchards before tasting the fruits of your labour at the end.

What's included

- Six-night stay at the four-star Grand Hotel Royal in Viareggio with breakfast
- Return flights to Pisa with airport transfers
- Two dinners in the hotel restaurant and a farewell dinner at a local restaurant in Viareggio
- Guided tour of Lucca, with morning tasting of products and lunch in a typical restaurant
- Typical lunch in Castagneto Carducci
- Wine class with a sommelier and a light dinner in a historic enoteca
- Visit a cellar in Colline Lucchesi and Montecarlo DOC with a wine tasting and cooking class conducted by a local chef
- Entrances to Palazzo Mansi, Palazzo Pfanner, the Museo Leonardiano and a top winery in Bolgheri
- Visit a local bakery/patisserie in Montecatini Terme, followed by a light lunch
- Visit and tasting in a local chocolate factory and historic liquor shop
- Half-day guided tour of Volterra and San Gimignano
- Visit a winery in San Gimignano with a typical lunch
- The services of a tour manager
- Coach transfers

TO BOOK

Call **03330 609 015** and quote 'Good Food'

OR FOR MORE INFORMATION visit *gf.tripsmiths.com/tuscany*

TERMS & CONDITIONS *From price is per person, based on two people sharing a classic room, subject to availability. Price and itinerary correct at time of print but may be subject to change. Single supplement from £254pp. Deposit 30 per cent. Local charges such as tourist tax may apply. Offers are not valid in conjunction with any other offers or promotions. In the case of unforeseen circumstances, expert(s) may be substituted, and any expert-led events may be subject to change. Expert(s) will not join you for your full trip duration unless otherwise stated. Travel insurance is not included and should be taken out at time of booking. Images used may not reflect your actual tour experience. This holiday may be sold through other selected brands. Tour is operated by and subject to the booking conditions of TS Travel Limited (ATOL bonded).

TRIPSMITHS

PLANET FRIENDLIER

HOW I BECAME AN accidental vegetarian

When her son decided to give up meat, it changed barbecue season for **Mallika Basu**, but along with that came some exciting new veggie ideas

words MALLIKA BASU

One fated afternoon, my 12-year-old son announced he was going to be vegetarian. As a parent keen to support his life choices, I was outwardly full of praise and support. Inside, my stomach sank. My daughter and I were die-hard carnivores who used salad and vegetables for garnish. The summer months were incoming with their promise of charcoal-laced meat feasts. And then came dread, what will this mean for the daily meals of our family unit?

Too often, we associate the loss of something in our diet with deprivation. "Food is meant to be rewarding and enjoyable. Meat is very much part of the meal and the experience. For meat lovers, giving up can create a sense of missing out," says Professor Charlotte Hardman, appetitive and addictive behaviour expert at University of Liverpool's department of psychology. My son was sacrificing meat because of Climate Change. Charlotte faced a similar situation; her eight-year-old son saw a cow grazing and decided to turn vegetarian.

Research by Mintel shows many children are increasingly aware of sustainability issues, with 39 per cent of UK parents of 4-17 year olds saying it led to them eating fewer animal-derived products. This is to be encouraged, but it does require a shift of mindset when planning meals.

From deprivation to discovery

After the initial panic, a realisation set in – transitioning to a plant-based diet is about introducing new flavours and cooking techniques. It is a great opportunity to broaden our horizons. "Creativity is a really good way to increase the 'reward value' of food," says Charlotte.

Eating a diverse range of plant-based products comes with benefits for the environment. Currently, 75 per cent of the world's food is derived from just 12 plant and five animal species, making agriculture vulnerable to pests, disease and Climate Change and puts us at a higher risk of food shortages. More plants also puts less strain on natural resources. Research by the University of Oxford established that plant-based diets lead to 75 per cent less carbon emissions and water pollution than those rich in meat.

They also found reducing meat would result in 30 per cent less environmental harm.

> "Lasagne with lentils and minced mushrooms, bean burgers and chillies offered a great place to start"

Making the shift

Based on our experience, making the transition isn't easy or straightforward, but it pays to be strategic with day-to-day meals.

Create the "plant-first" plate

We used to build our meals around meat or seafood, but by centring on vegetables, pulses and grains, we positioned meat as an optional extra. I started by serving meat on the side, slowly doing away with it for many meals.

Harness familiarity

Starting with vegetarian versions of familiar dishes means a steadier transition. Lasagne with lentils and minced mushrooms, bean burgers and chillies offered a great place to start, stepping in valiantly for their meaty counterparts.

Think texture

The meaty 'bite' is what we missed the most. To get around this, pick ingredients that have a rich mouthfeel and chewy texture, like mushrooms, aubergine, tofu, halloumi and tempeh. Pulled jackfruit, for example, mimics pork well.

> Tempeh and tofu both work well as flavour sponges

Maximise flavour

To recreate the intense flavour that forms when meat browns use smoky spices, umami-rich miso, soy sauce or fermented chilli pastes. Also, take time to caramelise and char your veg and other veggie proteins.

Get your nutrition

It pays to incorporate lots of variety in meals, not least because doing this will make sure you get the right levels of protein from diverse sources.

Rethinking the BBQ

The traditional British barbecue often revolves around burgers, sausages and kebabs, but vibrant salads, punchy salsas and creative grilling techniques can add fun to the proceedings.

Tempeh and tofu both work well as flavour sponges, and are excellent sources of protein along with paneer. While they can be cubed and chunked, they also crumble well to help fashion croquettes and burgers for the grill. Mushroom burgers can be used as a base for spiced toppings before being sandwiched in a bun.

These days there are plenty of plant-based alternatives available in shops for those who are keen to create the illusion of meat, but there should be some awareness about what making these sorts of products involves.

As nutritionist Kerry Torrens notes: "Plant-derived burgers and sausages are likely to provide fewer calories than their animal counterparts. However, the engineering required to produce them means they are also likely to contain more additives such as flavour enhancers, emulsifiers, fillers and stabilisers as well as preservatives, salt and oil."

While the long-term health implications of these plant-based meats is currently lacking, the market is evolving every day.

Bringing everyone on the journey

Not so long ago, I was that meat-lover who turned their nose up at vegetarian barbecues. However, going on this journey thanks to my son, exploring all the creativity, variety and flavours on offer – when nature's bounty is in full force – sunny days are among the best to convince even the most sceptical of diners. In our family it means we've established habits that are better for our health, which also happen to benefit the planet.

Photographs ANDRES REYNAGA, ISTOCK / GETTY IMAGES PLUS

The plant protein predicament

There was a noticeable slump in my son's energy levels over time, and this is one of the signs of protein deficiency. A common concern for people on a plant-based diet is where they'll get their protein, says Dr Shireen Kassam, founder ofPlant-Based Health Professionals UK (PBHP UK). Here's what to bear in mind:

Not just for body-building

Dr Rupy Aujla, founder of The Doctor's Kitchen and author of *Healthy High Protein*, says optimal protein intake means better energy, better focus, better mood and fewer cravings.

We need more than the recommended guidelines

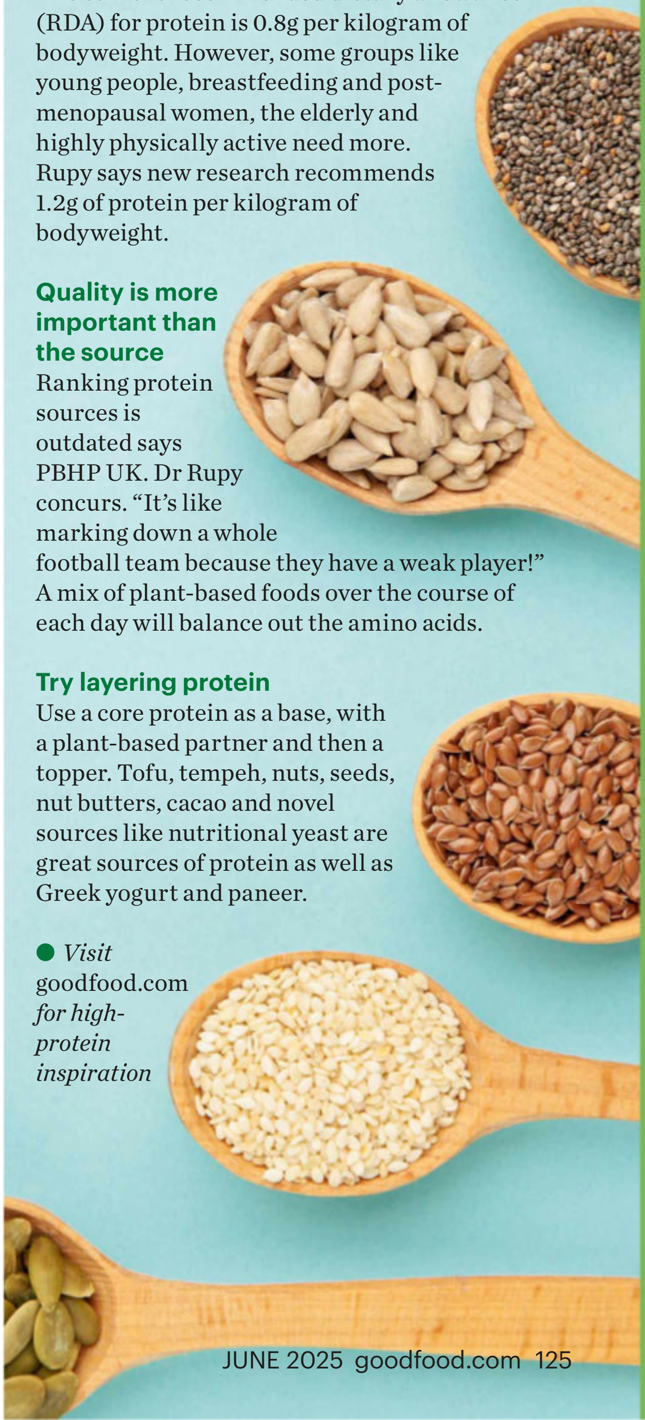
The current recommended dietary allowance (RDA) for protein is 0.8g per kilogram of bodyweight. However, some groups like young people, breastfeeding and post-menopausal women, the elderly and highly physically active need more. Rupy says new research recommends 1.2g of protein per kilogram of bodyweight.

Quality is more important than the source

Ranking protein sources is outdated says PBHP UK. Dr Rupy concurs. "It's like marking down a whole football team because they have a weak player!" A mix of plant-based foods over the course of each day will balance out the amino acids.

Try layering protein

Use a core protein as a base, with a plant-based partner and then a topper. Tofu, tempeh, nuts, seeds, nut butters, cacao and novel sources like nutritional yeast are great sources of protein as well as Greek yogurt and paneer.



● *Visit* goodfood.com *for high-protein inspiration*

Try our veggie BBQ recipes

Charred baby aubergine & toasted quinoa salad

SERVES 6 **PREP** 15 mins
COOK 45 mins **EASY** **V**

- 3 small leeks
- 180g quinoa
- 4 baby aubergines, each cut into 4 slices
- 6 tbsp good-quality olive oil, plus a drizzle to serve
- 2 tbsp cider vinegar
- 3 tbsp chopped dill
- ½ small pack mint, chopped
- 60g semi-dried tomatoes, roughly chopped
- 2 tbsp hazelnuts, toasted and crushed
- 150g pack soft herby goat's cheese, crumbled

1 Bring a medium pan of salted water to the boil and add the leeks. Cook for 6-8 mins. Drain. Set aside.
2 Heat a large frying pan over a medium-high heat and tip in the quinoa. Toast for 5-6 mins or until lightly browned. Reduce the heat to low and pour in enough water to come 1cm above the quinoa. Simmer for 15 mins, stirring occasionally, until the liquid has been absorbed.
3 Put the aubergines and leeks on the barbecue and brush with 2 tbsp of the the olive oil. Cook for 3-4 mins each side until lightly charred and tender. (Alternatively, put in a hot griddle pan and cook each side for 3 mins or until lightly charred. Transfer to a plate and set aside. Brush the leeks with 1 tbsp oil and cook on each side for 4-5 mins or until charred. Set aside with the aubergines. Once cool, cut the leeks in half lengthways.
4 Combine 3 tbsp of the olive oil with the cider vinegar and half the herbs. Season to taste. Toss the quinoa with the dressing and spoon onto a large plate. Top with the charred aubergines and leeks, then sprinkle over the tomatoes, hazelnuts and cheese. Finish with the reserved herbs and another good drizzle of olive oil to serve.

GOOD TO KNOW fibre • iron • 1 of 5-a-day • gluten free
PER SERVING 363 kcals • fat 23g • saturates 7g • carbs 23g • sugars 8g • fibre 6g • protein 13g • salt 0.5g

Smoky mushroom burgers with roasted garlic mayo

Keep one side of the grill just for the veggie dishes, or cook these in the oven if it's raining.

SERVES 4 **PREP** 25 mins
COOK 50 mins **EASY** **V**

- 4 large flat mushrooms
- 1 tbsp olive oil, plus extra for frying
- 2 roasted red peppers (from a jar), finely chopped
- ½ small pack thyme, leaves picked and chopped
- 50g fresh breadcrumbs
- 1 tbsp sundried tomato purée
- 2 tsp smoked paprika
- 3 red onions, thinly sliced
- 1 tbsp golden caster sugar
- 1 tbsp sherry vinegar
- 4 crusty bread rolls (we used ciabatta)
- salad leaves
- 25g cheddar or manchego, grated

For the garlic mayonnaise

- 3 garlic cloves, unpeeled
- 50g good-quality mayonnaise

1 Heat up the barbecue. To make the garlic mayo, wrap the garlic in a foil parcel, put on a hot spot of the barbecue and cook for 20 mins until soft. Alternatively, bake at 200C/180C fan/gas 6 for 20-30 mins. Leave to cool, then squeeze the cloves out of their skins and mash using a fork. Mix in the mayonnaise, then chill until ready to serve.

2 Remove the stalks from the mushrooms and finely chop. Heat a drizzle of oil in a pan (on the barbecue or hob), add the stalks and fry for a few minutes until golden and soft. Add the peppers, thyme, breadcrumbs, tomato purée, paprika and some seasoning. Cook for 5 mins more, then set aside to cool a little. Rub the mushroom caps with 1 tbsp olive oil, season, then fill each one with half of the mixture. *Will keep chilled for a day.*

3 Meanwhile, heat a little oil in another frying pan (on the barbecue or hob), and add the onions. Cook for 15 mins until soft and golden, then add the sugar, vinegar and some seasoning. Cook for 5 mins more until caramelised and sticky. *Will keep chilled for up to two days.*

4 Put the mushrooms on the barbecue (stuffed-side up), close the lid or cover with foil, and cook for 20 mins until soft and cooked through. Be sure to keep an eye on the heat and move to the upper shelf if the bottom of the mushrooms start to burn. Alternatively, cook in the oven at 200C/180C fan/gas 6. Split the rolls and lightly toast these on the barbecue, too. Spread each roll with some garlic mayo, top with some salad leaves, then a mushroom, the sticky onions and the grated cheese.

PER SERVING 283 kcals • protein 6g • carbs 27g • fat 17g • saturates 2g • fibre 4g • sugars 13g • salt 0.4g

Korean BBQ sauce

Gochujang is a red pepper paste that creates a slightly smoky heat. Use the sauce as a glaze for sticky ribs, or spoon onto burgers

MAKES about 400ml **PREP** 15 mins
COOK 20 mins **EASY** **V**

- 1 tbsp vegetable oil
- 1 tbsp grated garlic
- 500g passata
- 125g dark brown soft sugar
- 3 tbsp apple cider vinegar or rice vinegar
- 2 tbsp soy sauce
- 1½ tsp gochujang

Heat the vegetable oil in a saucepan over a low heat and fry the garlic for 3 mins until softened. Add the remaining ingredients with ½ tsp salt, and bring to the boil. Reduce the heat and simmer for 10 mins, stirring occasionally, until thickened. *Will keep chilled in a sterilised glass jar or bottle for up to a month.*

PER TABLESPOON 19 kcals • fat 0.3g • saturates none • carbs 4g • sugars 4g • fibre 0.2g • protein 0.2g • salt 0.15g

Mallika Basu is a food writer and cookbook author. She writes an award-nominated newsletter called In Good Taste on food, people and the planet, and is a qualified expert in sustainability. *@mallikabasu_*

good FOOD HOLIDAYS

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Departures June 2025-October 2026
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What's included

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Newmarket HOLIDAYS

Climate heroes

"Together we tackle rural food poverty"

Holly Whitelaw works with volunteers and co-ordinators in Cornwall to give surplus farm produce to families in need

Twenty per cent of children in Cornwall are in food poverty. I was in that bracket myself and had to borrow dinner money for my children. Everyone has difficult stages in their lives, but thankfully I live in a tight-knit community and I had support – many don't.

During Covid, I spoke with a friend who runs a local food charity who explained that she couldn't get fresh produce and that one of their recipients had been diagnosed with malnutrition. Sadly, a lot of emergency food provision isn't very healthy.

I was able to access funding and, though we started very small, we now glean more than 80 tonnes of fresh produce annually and provide nutrition to 15,000 people in need each week. That saves food charities more than £160,000 a year and more than 218 tonnes of CO2. Apparently, we're the biggest gleaning organisation in Europe.

Food production isn't being subsidised as it used to, with payments being made for increasing biodiversity and soil health to aid resilience to, and mitigate against, Climate Change. There is enormous pressure on land for housing and renewable energy production, particularly in Cornwall, so it's great that there are financial incentives for nature schemes on farms. But, it does mean that to minimise food costs, we need to reverse the trend of paying lots of middle-men to process, transport, package, market and sell us food.

Gleaning also helps us reconnect with farmers and the land. Though it can be tough, you return home buzzing after enjoying outdoor exercise with great people, having helped the planet and people in need!

How to start a gleaning group

- First, find out from your local NFU who produces what and when, and know that on-farm food waste – up to a quarter of food waste in the UK – is not the fault of the farmer. Farmers have to overproduce to ensure they have enough produce of the right size and shape at the right time for their contracts, and Climate Change is making it harder for them to predict output. Sometimes their market disappears, or they can have a bumper crop.
- Talk to all kinds of local food producers. Food manufacturers and processors may have food that is not quite perfect, but still delicious.
- Find trustees, set up a charity, seek advice. You'll need insurance, special equipment and transport. Fundraisers can help get things started – they can be great fun, bringing the community together and spreading the word.
- Be brave, it's worth it!

- **Check out a global map of gleaning groups in the UK at** ***gleaning.feedbackglobal.org/go-gleaning***
- **Feeding Britain has lots of information on food poverty:** ***feedingbritain.org***
- **Contact Gleaning Cornwall for advice at** ***gleaningcornwall.org.uk***

The newest Med hotspot

With its shimmering coastline and incredible seafood, Kalkan, off the coast of Turkey, is ideal for families seeking a summer retreat

words BARNEY DESMAZERY

Nestled on Turkey's stunning Lycian coast and often referred to as the St Tropez of Turkey, Kalkan is a picturesque harbour town packed with charm, flavour and a laid-back Mediterranean vibe. Staying in local accommodation and making the most of local food and businesses aligns with responsible tourism values, in that you'll be supporting local communities and sustainable practices.

Eat

A proper Turkish breakfast is an event, and high in the mountains above Kalkan at Cinaralti Garden Restaurant you can experience it sitting on the floor of an open hut whilst taking in the views. Expect fresh bread, local cheeses, olives, honeycomb, tomatoes, cucumbers, eggs (often fried with sucuk, a spicy sausage) and clotted cream with grape molasses. Pair it with a strong glass of çay (Turkish tea). *@cinaraltigardenresturant*

> “Often referred to as the St Tropez of Turkey”

At Korsan Restaurants you'll find some of Kalkan's best dining experiences. The seafood is outstanding – grilled octopus, sea bass cooked in parchment, and a superb meze platter featuring creamy hummus, garlicky prawns and smoky aubergine dip. The setting, overlooking the twinkling harbour, makes for a memorable evening *@korsanmeze*.

If you're after great food without the price tag, Atta Mezze Grill is a local favourite. The mixed grill is the standout – succulent lamb chops, juicy kofte and charred chicken skewers served with puffed-up flatbreads and a punchy sumac-onion salad.

For a late-night snack, head to the bus garage, where Oz serves up incredible sandwiches from his camper van. These hefty rolls, filled with sizzling sucuk sausage, chicken or lamb offal (for the brave) are the perfect way to round off an evening. Every Thursday, Kalkan's market has stalls piled high with fresh produce. Seek out the gozleme vendors – these thin, crispy pancakes are rolled out before your eyes, filled with cheese, spinach, or spiced minced meat, and cooked on a hot griddle. A 15-minute drive off the beaten track from the main town, The Fisherman's Hut (Balikçi

Kulübü) is simplicity itself. There's no menu — just a daily catch, grilled and served with a side of crisp salad and chips fried in olive oil. Expect the freshest calamari, red mullet and prawns.

> "The seafood is outstanding"

Stay

The House of Dreams is perfect for a family with teens in tow, where space to spread out is essential. There's a generously sized pool, shady gazebo and rooftop terrace. The kitchen is brilliantly equipped, serving lazy brunches at the breakfast bar and dinners at large dining tables, both inside and out. A couple of well-stocked mini-marts just five minutes' walk away makes self-catering easy. As an added bonus, the lower garden is scattered with lemons, limes, pomegranates and oranges – all ripe for picking.

HOW TO DO IT

Simpson Travel offers seven nights at The House of Dreams villa in Kalkan from £891 per person based on four sharing. Price includes flights, car hire and seven nights' accommodation. *simpsontravel.com/turkey/kalkan/house-of-dreams*

good FOOD HOLIDAYS

Enchanting Albania

Prices from £1,205pp*

Discover the diverse history and vibrant traditions of Albania's Adriatic treasures

Departures September 2025 to October 2026
Experience the rich religious and cultural heritage of one of Europe's most overlooked treasures, Albania. From the country's expansive history, complete with a wide variety of Ottoman landmarks and archaeological sites, to natural wonders, you'll find no shortage of sights to see throughout a tour of the Adriatic coast, still largely untouched by mass tourism.

Tour highlights & inclusions

- Discover the post-communist capital, Tirana, and its colourful past with a guided tour of its most historic landmarks
- Tours of coastal Vlorë and Berat, the 'city of a thousand windows'
- Visits to the Skanderbeg Museum, Krujë castle and historic Shkodër
- Visit the Albanian Riviera with a tour of Ali Pasha Castle, a fortress on the strait of Corfu, and the coastal resort of Sarandë
- Tour the well-preserved ancient ruins of Durrës, 'The Eternal City on the Adriatic'
- Immerse yourself in the diverse religious heritage with tours of Ardenica Monastery and Tirana's grand Et'hel Bey Mosque
- Enjoy scenic landscapes at Llogara National Park, encompassed by mountains, and the clear waters of 'Blue Eye' – a 50-ft-deep natural spring
- Visits to the UNESCO World Heritage Site of Butrint and the Apollonia Archaeological Park
- Get a taste of authentic Albanian life and participate in local traditions with excursions to the alpine towns of Gjirokastër
- Seven nights' bed and breakfast accommodation
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Newmarket HOLIDAYS

1

STICKY TOFFEE PUDDING

A British classic, sticky toffee pudding is said to have been created by Francis Coulson at the Sharrow Bay Country House Hotel. For a good off-the-shelf version, try the Cartmel Village Shop.

2

WINDERMERE CHAR

This freshwater fish is unique to the Lakes, particularly Windermere – England's longest lake. It landed on the menu at Rothay Manor thanks to legendary chef Bronwen Nixon and is now used widely.

3

HERDWICK HOGGET

Cumbria's native sheep is officially recognised as a world-class breed and has PDO status (Protected Designation of Origin). They roam the fells, shaping the landscape and are a feature of many local menus.

4

SPICES

Cumbrians have a long history with spices. Whitehaven harbour was one of the country's key ports, accounting for most of the trade with the Americas. You can credit it for Grasmere gingerbread and Cumberland sausages (see below).

what to eat in

Cumbria and The Lakes

Eat your way around this stunning region, and sample some top British dishes

5

CUMBERLAND SAUSAGES

A national favourite, this is another Cumbria food icon that has gained PDO status. You can find a standout example of this classic sausage at R B Woodall in Waberthwaite.

6

GRASMERE GINGERBREAD

Cook Sarah Nelson created Grasmere gingerbread in 1854 – a cross between biscuit and cake – and sold it from her cottage, which is now The Grasmere Gingerbread Shop, a must for foodie travellers.

7

MORECAMBE BAY SHRIMPS

Morecambe is in neighbouring Lancashire, but Morecambe Bay laps the southern shores of Cumbria, yielding plenty of sweet, succulent tiny brown shrimp to which Cumbrians happily stake a claim.

8

CUMBERLAND RUM NICKY

Spices and sugar were not the only prized ingredients to come across the pond – Cumbrians were quick to adopt Caribbean rum, showcased in these rum, date and ginger tarts.

Photographs ISTOCK/GETTY IMAGES PLUS, UGUR KARAKOC, LAURIPATTERSON, SYDNEY JAMES, CHRISHEPBURN/GETTY IMAGES, ALAMY

THREE OF THE BEST

Unspoilt European beach destinations

Escape to a lesser-known seaside spot for a break focussed on relaxation, sun and sand

words LAURA MARTIN

Europe spans almost 50 countries and is roughly 5,000km wide, meaning there's a wealth of glorious beach spots to visit that are off the regular tourist trail and service local economies and family businesses. Beach season varies from place to place, but generally starts in March or April, and finishes in September or October.

Cascais, Portugal

Lisbon is arguably one of Europe's best city breaks. But, as locals know, if you hop on a train from Cais do Sodré station and travel west along the coast, you can dodge the influx of visitors when you get to Cascais and head to Praia do Guincho via the number 15 bus. The soft sands of the beach lead to the Atlantic Ocean and, while the sea can be slightly bracing before the high summer months, the sweeping Serra de Sintra in the background make it a beautiful place to spend a day or more. Try a surfing lesson – Moana Surf School offers group lessons from £33 – or grab a table at one of the spectacular restaurants along the coast and watch the world go by. Bar do Guincho serves a wide range of casual seafood and meat dishes, salads and sandwiches, including prego de atum (tuna steak sandwich) and plenty of options that will please the kids, too. When you head back via Cascais, check out Santini ice cream parlour, where flavours of the month might include pineapple with lime or green apple. Stop at Sacolinha for another sweet treat, bola de berlim – a doughnut filled with nata custard.

Stay: Estalagem Muchaxo looks out over the bay and offers double rooms with breakfast from £67 – settle in by the roaring fireplace on cooler nights in the bar (*muchaxo.com*). Slightly in from the beach, the Parque de Campismo Orbitur Guincho campsite in the nature park has self-catering double bed bungalows from £63 a night or camping pitches from £33 a night during the summer months (*orbitur.pt*).

Photographs GABRIEL MELLO / MOMENT, SILVIA OTTE, STONE, ASHLEY COOPER, CORBIS / GETTY, ISTOCK / GETTY IMAGES PLUS, ROBERTHARDING / ALAMY STOCK PHOTO

Berneray, Outer Hebrides

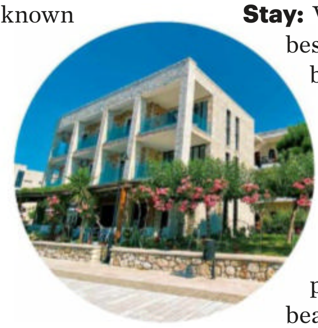
The ferry ride from Uig on the Scottish mainland to Lochmaddy on the island of Berneray takes about 1 hour 45 minutes, then it's a 20-minute drive to the West Beach. This expanse of pristine sand stretches far into the horizon, framed by the rolling hills of the Highlands and the clear, aquamarine blue of the sea. Corncrakes, waders, lapwings and oystercatchers can all be spotted making the beach their home. There aren't many places to eat on the island, but the Berneray Shop and Bistro is worth the trip in itself. Open for lunch and dinner in high season – generally from May to September – the homemade fish and chips are a winner, or try the signature Berneray langoustine hoagie, or a baked potato with Hebridean Smokehouse smoked salmon. (Book in advance.) Or, buy some incredible local produce from the shop at Berneray and picnic on the beach. If you're travelling via North Uist, pick up a scallop and Stornoway black pudding roll or North Uist lobster sub roll from The Wee Cottage Kitchen, a tiny roadside trailer slinging out some of the best sandwiches in the British Isles.

Stay: The remoteness of Berneray is part of its pull, but means accommodation close to the West Beach is scarce and can be pricey. A cute micro-cabin called Kelley's Pod sleeps three and costs from £120 a night, while by the East Beach, the quaint Seal View B&B offers a family room from £120 (*sealview.com*).

Albanian Riviera

Qeparo Beach is a short walk from Qeparo village along a seafront promenade, which is easily accessible and takes you down to the narrow stretch of shore and aquamarine Ionian sea – bring beach shoes, as the ground is a mixture of pebbles and sand.

This beach is lesser-known than other tourist hotspots such as Dhërmi or Ksamil, but there are still lots of amenities, including sun loungers and umbrellas for a fee, plus a variety of nearby places to eat. Paradise Grill is a beach-side joint serving wood-fired rib-eye and tomahawk steaks, while Jo & Jo's street-food café is more American-inspired, with hefty burgers or club sandwiches. A 15-minute walk up from the beach is Taverna Dhrami (cash only), the star dining spot in this area, serving Greek classics like moussaka and tzatziki, a grilled catch of the day and bowls of salad and herbed chips. A meal on the terrace comes with one of the best sunsets you're likely to see all year.



Stay: Valta Hotel is the best-placed hotel for the beach, with stylish doubles from £138 during the high season (open from May), including sun loungers and umbrellas on its private section of the beach (this will save up to €100 a day; *valtahotel.al*). Up in the hills is the converted self-catering farmhouse Villa Olive Old Qeparo, which has a swimming pool and outside terrace, and is a steal starting at £58 a night for two people.

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Get the best from our recipes

We test them thoroughly to ensure they work for you

- Read the recipe before starting. Basic storecupboard ingredients, like salt, aren't included in the ingredients list.
- Use standard measuring spoons for accuracy, especially for things like spices, yeast and salt.
- Where possible, we use humanely reared and produced British meats, poultry and eggs, and sustainably sourced seafood.
- To avoid waste, we suggest how to use any leftovers you may have from our recipes.
- Eggs carrying the British Lion mark guarantee that all hens are vaccinated against salmonella.
- We try to avoid using plastic. You'll find instructions to wrap or cover, but we won't specify what to use unless it is vital to the recipe.

Helping you to eat well
Our BANT-registered nutritionist analyses our recipes on a per-serving basis, not including optional serving suggestions. You can compare these amounts with the Reference Intake (RI), the official recommended amount an adult should consume daily. Energy 2,000 kcals, Protein 50g, Carbohydrates 260g, Fat 70g, Saturates 20g, Sugar 90g, Salt 6g (RIs for total fat, saturates, sugar and salt are the maximum daily amounts).
Healthy recipes are checked to ensure they have a low amount of saturated fat, sugar and salt per 100g, equivalent to green on a traffic-light label. On a per serving basis, Good Food require the saturated fat to be 5g or less, salt 1.5g or less and sugar, 15g or less per serving.
Low-fat recipes in Good Food are low per 100g, or 12g or less per serving.
Low-calorie recipes have 500 calories or less per main, or 150 calories or less for a dessert. We also include portions of fruit and/or veg in a serving, and highlight recipes that supply a third of the daily requirements of calcium, iron, folate and vitamin C, and a good source of fibre and omega-3.
Balanced recipes contribute to your five-a-day, include starchy carbohydrate, lean protein and dairy, or plant-based alternatives. These recipes also use unsaturated oils in small amounts, and all components of the meal are included in the analysis – only seasonings are excluded as 'to serve'. Saturated fats, sugar and salt are medium per 100g, or amber on a traffic-light label.

How we label our recipes
Vegetarian (V) or vegan recipes are clearly labelled, but be sure to check pack ingredients.
Freezing (❄) Can be frozen for up to three months unless otherwise stated. Defrost thoroughly and heat until piping hot.

- Recipes for advertisement features are checked by our cookery team but not tested by them.
- Our gluten-free recipes are free from gluten, but this may exclude serving suggestions. For more information, visit *coeliac.org.uk*.
- We are unable to answer individual medical or nutritional queries.

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Oats so good

Bake these moreish snack bars for a country walk or summer picnic

recipe AILSA BURT ***photograph*** MAJA SMEND

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Apricot oat bars

Salted butter balances the sweet jam in these bars, so they're a treat without being too sugary.

MAKES 10-12 **PREP** 10 mins plus chilling and cooling
COOK 45 mins **EASY** **V**

- 250g salted butter, cut into cubes, plus extra for the tin
- 220g plain flour
- 150g light brown soft sugar
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground cardamom (optional)
- 150g porridge oats
- 150g apricot jam

1 Butter a 20cm square cake tin and line with baking parchment. Tip the butter, flour, sugar and spices into a food processor and pulse several times until combined and clumping together. Add the oats and pulse a few times more until incorporated. Tip two-thirds of the mixture into the tin and press it into the base in an even layer using your hands.

2 Spread the apricot jam over the oat layer, then sprinkle over the remaining oat mixture, breaking it up into rough clumps as you do. Chill for 20-30 mins to firm up.

3 Heat the oven to 200C/180C fan/gas 6. Bake the bars for 40-45 mins until golden. Leave to cool completely in the tin before turning out and cutting into 10-12 bars. *Will keep in an airtight container for up to a week.*

PER SERVING (12) 356 kcals • fat 18g • saturates 11g • carbs 43g • sugars 21g • fibre 2g • protein 3g • salt 0.41gw

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